

Mind Moose Body Positive Cards

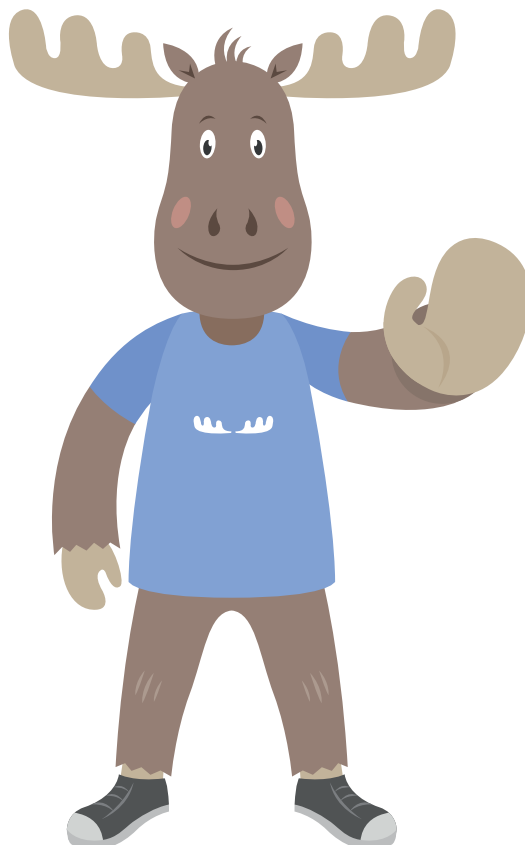
These body positive cards can be good conversation starters, helping children to see their bodies in healthy, positive ways.

You can use them in a variety of ways, either at school to prompt circle time discussions around viewing our bodies in a positive way, or ideally at home.

Some families may wish to talk through them all over dinner, taking turns, or pick one to focus on each day. You could also stick them to the fridge or leave them somewhere children can see them so the words and ideas become familiar.

Even if children don't want to take part, you can use them in front of them with others. And finally, you can use them as they are, or add to them with your own, or children's ideas.

We hope you enjoy using them!



I love that
my body
can...



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I feel
strong
when I...



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I helped
my body
be healthy
today by...



www.mindmoose.co.uk

I feel
healthy
when I...



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One of the
things
I love about
myself is...



I love my
....
because

