

30 DAYS OF BodyKind FAMILIES

It's not always easy to like, love or appreciate your body but **BodyKind Families** is encouraging Australian households to practice being kind to their own body and to others.

TRY COMPLETING THESE 30 ACTS OF BODY KINDNESS IN ANY ORDER YOU WANT.
TRY ALL OR SOME, WHATEVER WORKS FOR YOUR FAMILY.

Check the boxes as you go!



Take action



Reflect

 <p>Find/create your own positive affirmation to use if negative body thoughts intrude.</p>	 <p>Am I speaking to myself in a way that is kind and compassionate?</p>	 <p>Make your favourite food/dish and enjoy with your senses.</p>	 <p>Say at least 1 kind thing to your body.</p>	 <p>Wear something you love and feel comfortable in.</p>	 <p>Move as a family; a walk/bike ride/football – all codes/basketball.</p>
 <p>Identify 3 special people and why they are important to you.</p>	 <p>Try a new physical activity – give it a go.</p>	 <p>Plan and have dinner/lunch with all members of your household.</p>	 <p>Am I moving my body in ways that are kind and make me feel good?</p>	 <p>Write down 1 - 3 things that you are grateful that your body can do.</p>	 <p>Take a moment and relax your body with some deep breathing.</p>
 <p>Pay someone a non-appearance based compliment.</p>	 <p>Am I feeding myself as I would someone I loved?</p>	 <p>Choose a new recipe (easy or hard) or cook with a new ingredient.</p>	 <p>Slow down, sit down and eat without distractions.</p>	 <p>Go to bed early or have a lie in.</p>	 <p>Put on a song you love; dance (alone or together).</p>
 <p>Take a social media break – 1hr, 1day, 1 week.</p>	 <p>Pay yourself a non-appearance based compliment.</p>	 <p>Spend 10 mins stretching your body (alone or together).</p>	 <p>If I make mistakes am I kind to myself?</p>	 <p>Write down your top 5 values in friends (non-appearance focused).</p>	 <p>Agree as a family what your act of kindness will be today.</p>
 <p>Repeat often throughout the day 'I am not perfect, and that's OK'.</p>	 <p>Enjoy a 5 minute guided meditation; headspace, Smiling Mind (or do your own).</p>	 <p>Revisit a food you've previously not liked and give it another go.</p>	 <p>Head into nature with all your senses; the park, beach, hills, quiet streets.</p>	 <p>Find a light-hearted movie/tv show to watch together.</p>	 <p>Do I take time to acknowledge and celebrate my achievements?</p>