

# Acts of Body Kindness

## Body Kind in action

### About Body Kind

Body Kind Schools runs every September in conjunction with Body Image and Eating Disorder Awareness Week (BIEDAW). Body Kind Schools main call to action is body kindness; encouraging young people to be *Kind* to their own body and to others. Online, face to face, everywhere!

### Body Kind Role Modelling Activity

When it comes to being Body Kind, one of the things we can do to help our body image and others is to showcase what body kindness looks and sounds like.

Being loving, accepting and respectful towards bodies, is not always easy as the world we live in sends strong messages around how we should and shouldn't look.

As young people navigate their way through adolescence and our image obsessed world it can be challenging for them to feel positive about their body and appearance – what we can encourage is for them to find ways to be a body kind champion and participate in acts of body kindness this September.

Being a Body Kind champion is good for the young person, their friends, peers and for our world!

In a world where we can be anything, let's be Body Kind.

**To find out more or if you have questions about this activity please contact:**

E: [education@butterfly.org.au](mailto:education@butterfly.org.au)  
www.butterfly.org.au



**AUDIENCE**  
Secondary



**SESSION LENGTH**  
Minimum 1 lesson

#### ACTIVITY AIM :

This activity encourages young people to consider the small ways they can role model and put body kindness into action – being a body *Kind* champion to their own body, and to others. In doing so, we are contributing to change and making the world a kinder and safer place for all bodies by treating our own and all bodies with kindness and respect.

#### MATERIALS NEEDED:

- Device to play Body Kind Digital Clip
- Optional: Paper/Pencil or Device to make notes

#### HOW TO:

➤ Introduce the activity – *you can use the information to the left.*

Q: Thinking about role models and champions in our world. What are some defining characteristics of a good role model? Think beyond the way they look or their body shape/size. What do they do that might inspire you in your life, your sport, your music, art, dance?

Q: Ash Barty has been hailed an amazing role model. Think-Pair-Share with the person/people near you to identify a few of her traits and behaviours that has made her such a positive role model for young people. How does she talk about herself and other people?

Q: When it comes to body image, what makes someone a positive role model? Do you think it's an easy thing to role model? Why/Why not? (N.B. It doesn't mean you have to have a perfect relationship with your body and you don't have to look or act perfectly! It's more about being balanced, healthy and accepting. It could also be about challenging ideals.

While it might not always be easy to showcase feeling positive – we can champion and role model being Body Kind. Small things can have a big impact on your life and the people around you!

➤ **SCREEN VIDEO:** What it means to be Body Kind.  
<https://www.youtube.com/watch?v=UJ5wsq66O50>

#### ACTIVITY:

• Ask students to work in pairs- small groups and brainstorm what being a Body Kind Champion might look and sound like.

• Ask students to establish a 14 Acts of Body Kindness Calendar (some examples are on the student activity sheet). Let's see what it feels like to be more Body Kind

• Group members choose a start date and sign the pledge that commits to completing the 14 Acts of Body Kindness activities on the calendar.

• Complete the 14 Acts of Body Kindness, holding each other in your group accountable for their Body Kind Champion actions. How did it feel?

Students may choose to close out the acts of Body Kindness with a Body Kind Fundraiser, details of which can be found on the resource portal.

## Acts of Body Kindness Student Handout

### Activity Outline:

There are real life role models and champions all around us. We need more champions in the world who can role model, showcase and demonstrate body kindness – extending kindness to your own body and to others is good for your body image! This activity invites you, in small groups, to identify some ways to extend kindness to your own body and participate in them. The more often we can practice being body kind – the better!

This activity encourages you to work in small groups to brainstorm 14 acts of body kindness.

These acts might involve the words you speak, the way you comment or how you post online, how you fuel, move or rest your body.

### HOW TO:

- Work in groups of 3-4
- Brainstorm 14 Acts of Body Kindness
- Sign the pledge (keeping everyone accountable!)
- Nominate your start date and GO!

### Acts of body kindness?

An act of body kindness is something that you do or say to your body, or to someone else that can support how it moves and functions and is beyond just how it looks.

Here are some ideas your group might like to include:

- Go for a stroll with a friend.
- Offer your body (at least!) 1 kind compliment.
- Make 3 non-appearance comments (that aren't about how someone looks – even compliments) on social posts.
- Play your favourite song and move!
- Take a brain break from socials for as long as you can.
- Organise a picnic at school with your friends, where everyone brings their favourite food to enjoy.
- Head to bed earlier to give your body a chance to recharge.

1	2	3
4	5	6
7	8	9
10	11	12
13	14	<p><i>Reflections...</i></p> <ul style="list-style-type: none"> <li>- How did it feel while doing the acts of body kindness?</li> <li>- What are the benefits of practicing body kindness?</li> </ul>

*Pssst:* If you're keen to host a Be BodyKind school awareness fundraiser event as one of your Acts of Kindness, see your teacher/facilitator who can provide you with the How To Host a Be BodyKind Fundraiser information.

All funds raised from a Be BodyKind Fundraiser will support Butterfly to extend more Body Kindness to young people, Australia-wide!

## Acts of Body *Kindness* GROUP PLEDGE



This September, we (names  
below) are pledging to be Body  
*Kind* Champions with  
14 Acts of Body *Kindness*.

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Commencing: \_\_\_\_\_