

# 31 Days of BodyKind Actions

Butterfly  
BodyKind  
AUGUST

It's not always easy to like, love or appreciate your body, but Butterfly is encouraging everyone in Australia to practice being BodyKind - to your own body and to others, this #BodyKindAugust and beyond.

































Check the boxes as you go!



Take action



Reflect

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