

# Bright Bodies

*I can make healthy choices.*

*I can focus on my strengths.*

*How many nice, positive things can you think of to say about yourself?*



**MATERIALS:**

Large paper

Markers

## Give it a Try!

- 1.** Choose a large piece of paper and draw the shape of your body on it—just an outline.
- 2.** What positive things can you do with the different parts of your body?

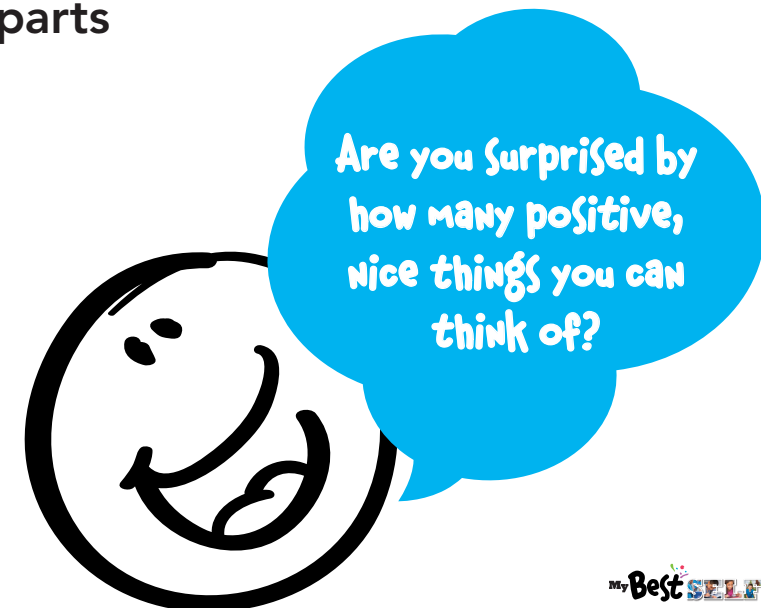
Can you give good hugs with your arms?

Are you a good listener with your ears?

Are you a good singer, or do you tell funny jokes with your mouth?

Can you run fast with your feet?

- 3.** Write all those positive, nice things on your body outline on the part of your body with which you do the positive thing.



**Are you surprised by how many positive, nice things you can think of?**