

REAL BODIES

IN HERTS

EVERY BODY FOR EVERYBODY



The 'Perfect' body

Think of your **body** as your **friend**.

How is this friend there for you?

1. _____
2. _____
3. _____
4. _____
5. _____

Think of your **body** and all the **wonderful** ways it moves.

Create 5 new **dance moves** and give them each a name:

1. _____
2. _____
3. _____
4. _____
5. _____

Think of your body and all the things you can do with it.

Write 3 things that you are **grateful** for about your body:

1. _____
2. _____
3. _____

What does it **feel** like to close your eyes and get carried away by the music?



justtalkherts.org/realbodies



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Young people, parents/carers and professionals can call First Steps ED for free with any body image questions or concerns they have.

