

## Objective

By the end of this lesson, the student will be able to understand and appreciate the diversity of bodies, recognize the importance of self-acceptance, and express their thoughts about body positivity through creative activities.

## Materials and Prep

- The picture book "Bodies are Cool" by Tyler Feder
- Plain paper and colored pencils or crayons
- A comfortable space for reading and activities
- Preparation: Familiarize yourself with the book and its themes of body positivity and diversity.

## Activities

### 1. Read-Aloud Session:

Begin by reading "Bodies are Cool" together. Pause after each page to discuss the illustrations and the messages about different bodies. Ask questions like, "What do you like about this body?" to encourage engagement.

### 2. Body Diversity Drawing:

After reading, ask the student to draw a picture of themselves and include features that make them unique. Encourage them to add details that represent things they love about their body.

### 3. Body Positivity Collage:

Using the drawings from the previous activity, help the student create a collage that celebrates different bodies. They can cut out words or phrases that make them feel good about themselves and glue them around their drawings.

### 4. Feelings Circle:

End the lesson with a feelings circle where the student can share how they feel about their body and what they learned from the book. Encourage them to express their thoughts and feelings openly.

## Talking Points

- "What does it mean to love your body? Everyone's body is different, and that's what makes us special!"
- "Can you think of something that makes your body unique? Like maybe a birthmark or a special talent?"
- "Why do you think it's important to accept our bodies? It helps us feel happy and confident!"
- "How do you feel when you see different bodies in the book? Do you think all bodies are cool?"
- "What is something nice you can say about your body? It could be anything you like!"
- "What did you learn from the book that you want to remember? Let's make sure we keep those ideas close!"
- "How can we help our friends feel good about their bodies too? Let's be kind and supportive!"