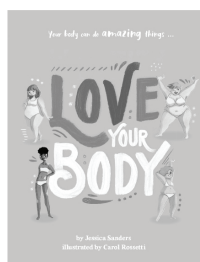


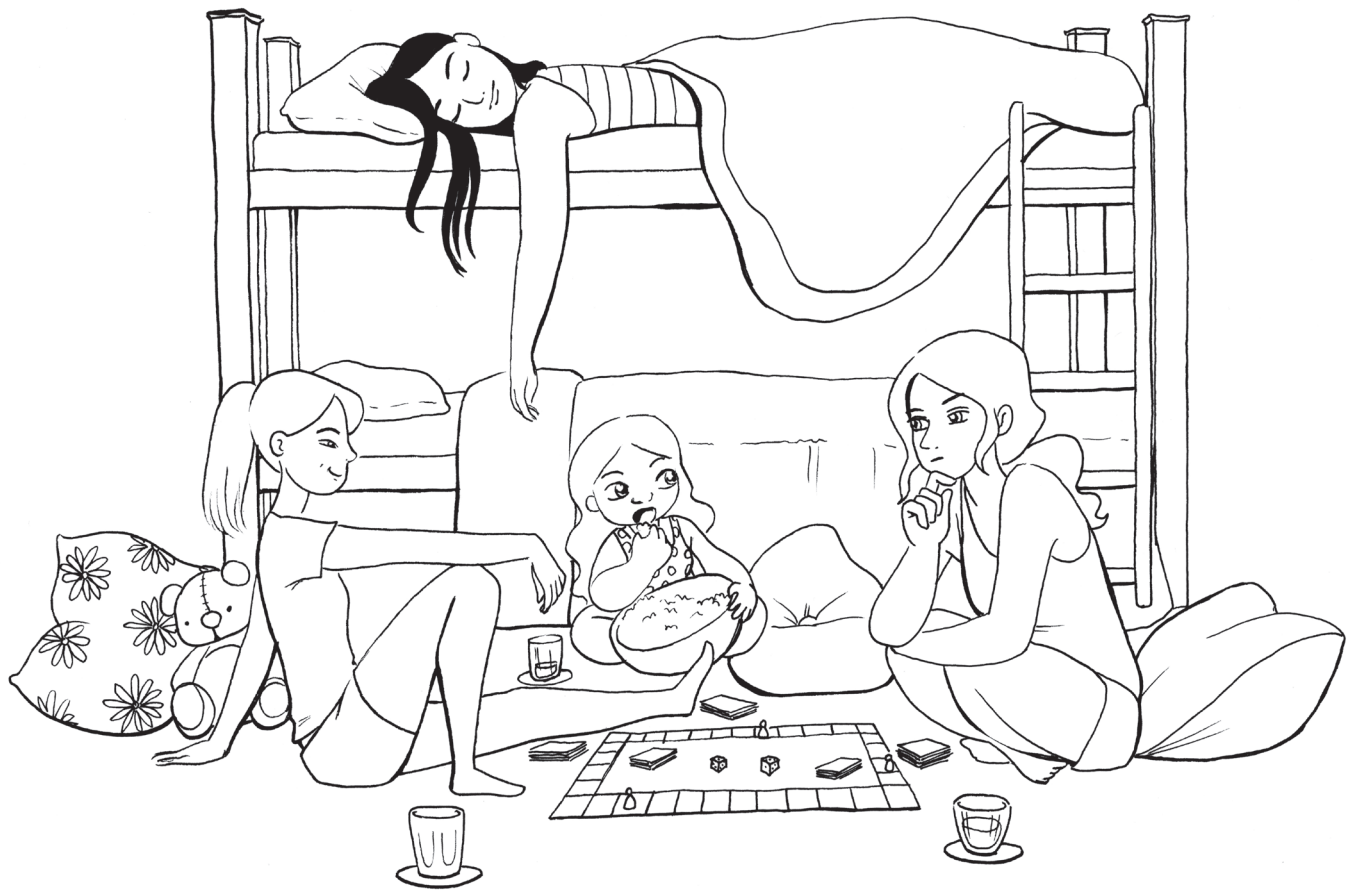
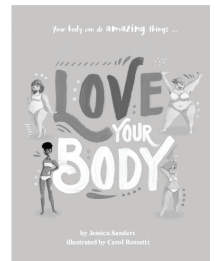
Student name: _____

LOVE YOUR BODY

Student Workbook

This Student Workbook is designed to be used alongside the book
LOVE YOUR BODY by Jessica Sanders.





Published by
Five Mile, the publishing division of Regency Media
Suite 148, 425 Smith Street
Fitzroy Victoria 3068
www.fivemile.com.au

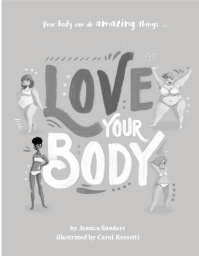
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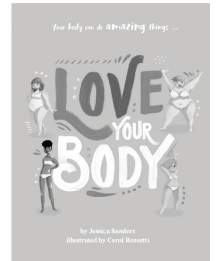
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I am unique!

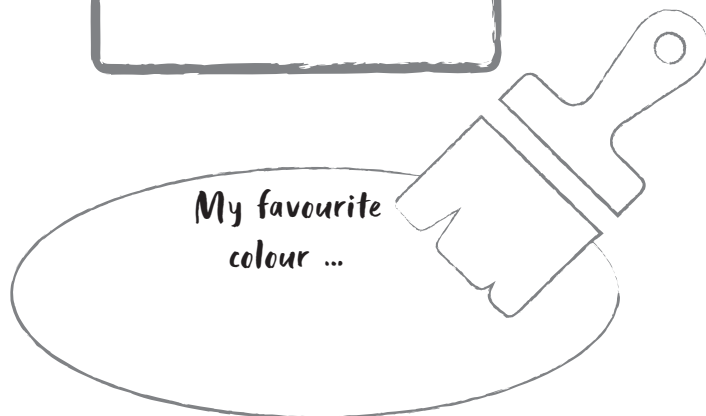


Draw yourself doing something you love in the middle of this page. In each bubble, write something unique about you.

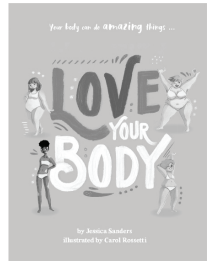
Me at three ...



In the spaces below, draw yourself and then write or draw your favourite things when you were three years old.



Me now ...



In the spaces below, draw or write your favourite things right now.

A photo or drawing of me ...

My favourite books ...

My favourite games/sports ...

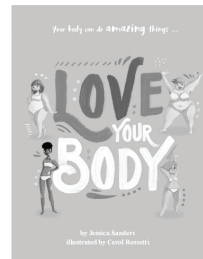
My favourite clothes ...

My favourite toys ...

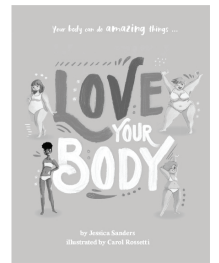
My favourite colour ...

My favourite music ...

Colouring time!



My body is a good body!



What are the amazing things your body helps you to do?
Write down some of them here.

I love that
my eyes can ...

I love that
my nose can ...

I love that
my ears can ...

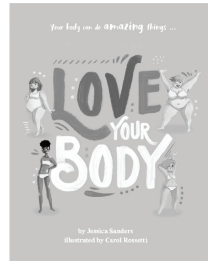
I love that
my fingers can ...

I love that
my mouth can ...

I love that
my legs can ...

I love that
my body can ...

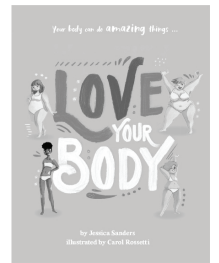
A famous quote I love ...



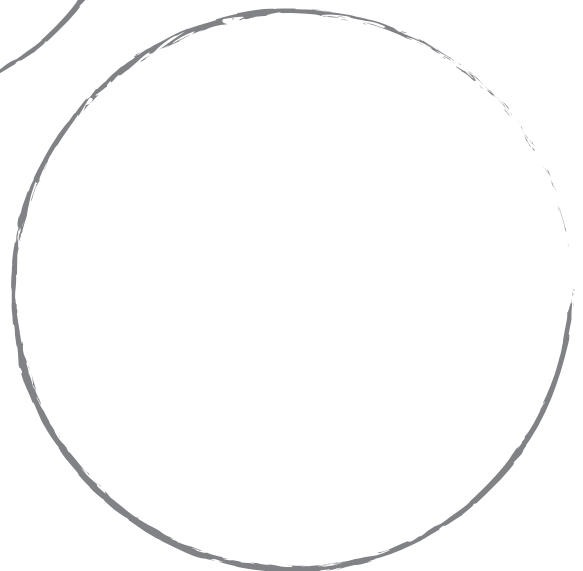
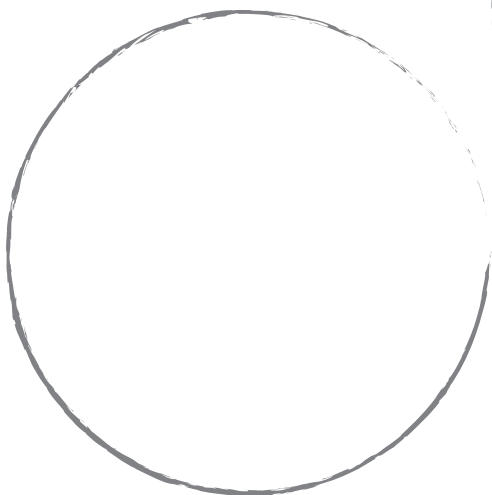
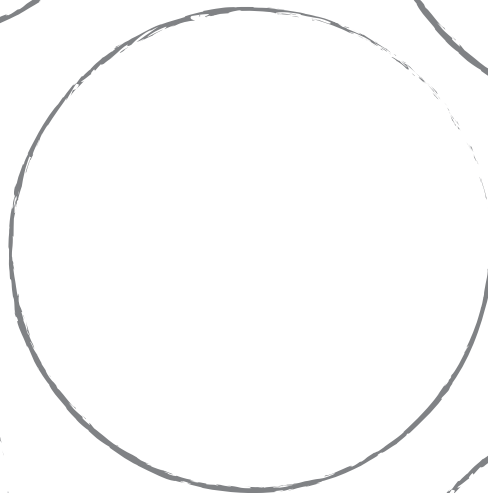
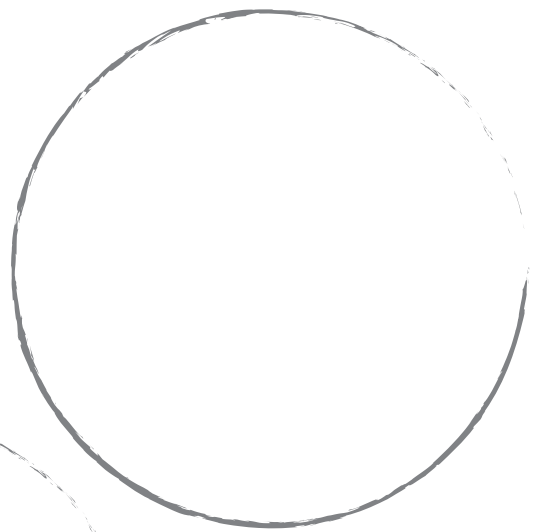
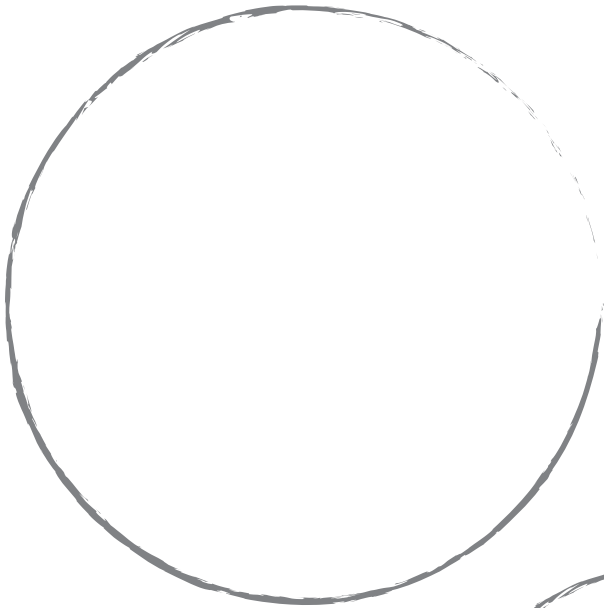
Find a quote that makes you feel positive and happy!
Write it down in the space below. If you find any other quotes
you really love, add them here too.

A large, empty rectangular box with rounded corners, intended for students to write their favorite quotes.

My self-care plan

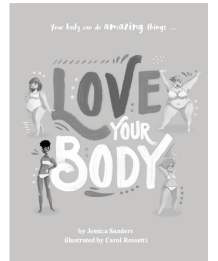


If you're feeling a little down, you need to look after your mind and body. In the circles below, write down five ideas about how you can show kindness to yourself and help yourself to feel happier.

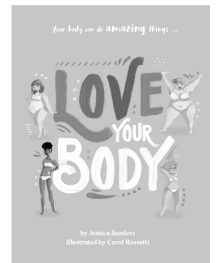


If these ideas aren't working to make you feel better, you may need to talk to a trusted adult, or call a kids support helpline.

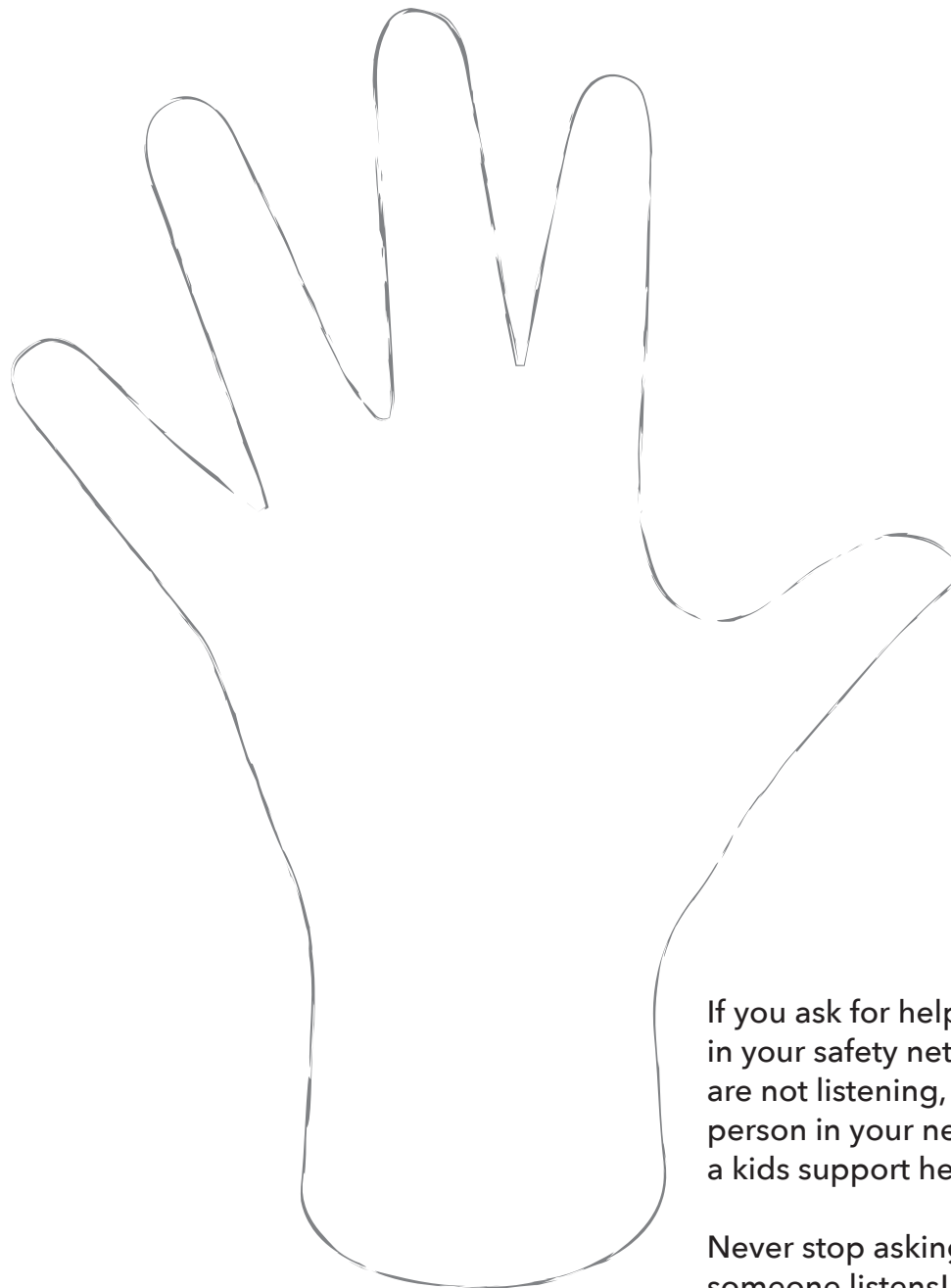
Colouring time!



My safety network



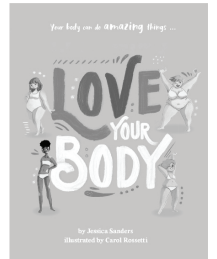
A safety network should include 3-5 trusted adults. These can be family, neighbours, teachers, sports coaches and so on. At least one of these people should not be a family member. Write the names of 3-5 adults you might include in your safety network on the fingers of this hand.



If you ask for help from someone in your safety network and they are not listening, ask another person in your network or call a kids support helpline.

Never stop asking for help until someone listens! You are brave and strong, and you are not alone.

Always remember ...

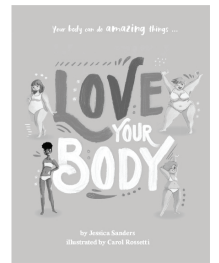


Use different colour pencils or markers to colour the letters of the quote below, as you think about what it means to you.

'Try to accept and
love your body
for what it does
for you,
not what it doesn't.'

from **LOVE YOUR BODY**

Dealing with disappointment



Select the scenario you most relate to from your teacher's selection of 'Dealing with disappointment' scenarios.

Paste your scenario right here!

Imagine that this scenario happened to you and answer these questions.

What could you tell yourself that might make you feel better?

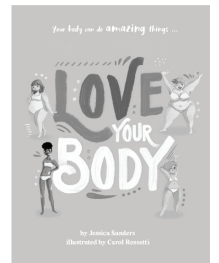
Who could you talk to about it?

Why did you choose them?

Look back to your self-care plan on page 9. Which of your self-care activities would you try if this happened to you?

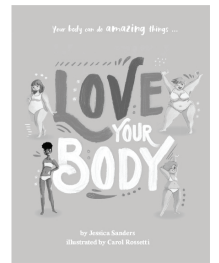
What could you do to demonstrate resilience?

All my favourite things



Remind yourself of the things you can do and all the things you enjoy! Use this space to think of all those things and write each one in a different colour pencil. If a friend has a suggestion for something they think you enjoy and/or are great at, ask them to write it here too!

My letter to my future self ...



Write a letter to your future self as if you are writing to your best friend.
Remind 'future you' about all the things you are great at and the things that make you who you are! Include a wish for your future self about something you would like them to do or to try!

Dear _____

Love, _____

XXOO

This Student Workbook is designed to be used alongside
the book **LOVE YOUR BODY** by Jessica Sanders.

Once you have filled it out, keep it in a safe place so you
can look at it when you want to. It could even become
part of your own self-care plan!



ISBN 978-1-76068-454-9



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