

Healthy Movers

We are Brilliant



**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are encouraging the children to think positively about their body image. Children often hear their parents, older siblings or other adults talking negatively about their own size or shape. Children also hear adults talking about dieting. Celebrity images in magazines and on TV can create false expectations of what our bodies should look like. We have been using a game to help the children to identify positive aspects about their body. Please join us in using positive language and encourage them to understand that we are all different and that one size really doesn't fit all.



Healthy and Happy me

This activity increases the heart rate and supports development of different ways of moving.



Social me

This activity helps children to think positively about themselves and their friends. It helps them to think, talk and to encourage each other.



Physical me

This activity encourages children to explore their strengths and skills. The children should be encouraged to move around in different directions, avoiding their friends.



Creative me

This activity supports imaginary play through actions, movement and sound.



Thinking me

This active encourages children to think positively about themselves and others.



Did you know?



By the age of 5-7 years many children are already talking negatively about their own body image.