

WITH ME MIND

Body image

What my body does

What my body does for me?



What I love about my body



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What's unique about me?



What I can do to help stay strong and healthy



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____