



Feel good

One size doesn't fit all

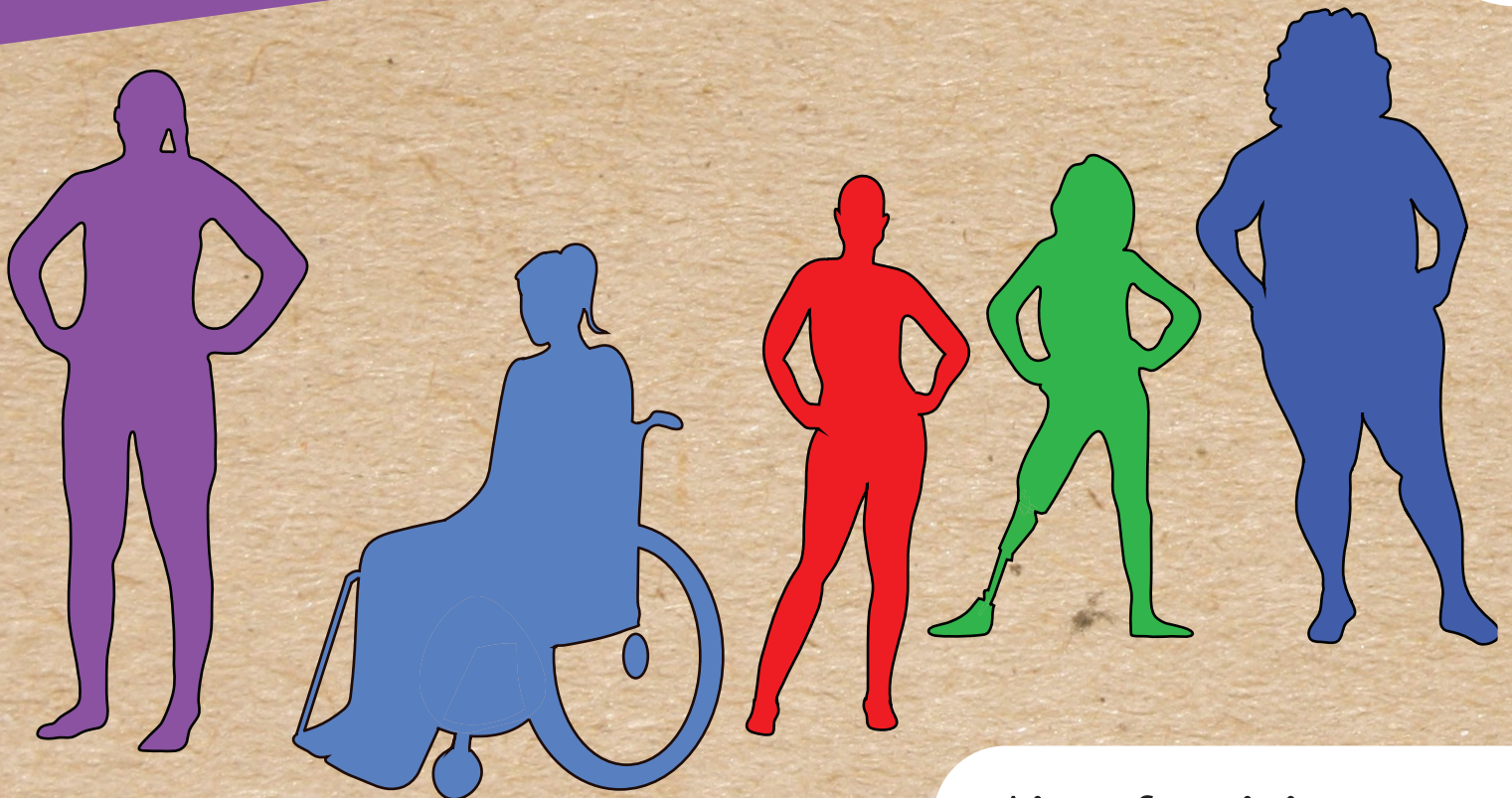
Stage

4

45 mins



Skills builder



Aim of activity

No two people are the same, on the inside or the outside! Embrace your individuality and celebrate everyone's differences.

What you'll get out of it

- Understand different body types.
- Recognise positives of your body.
- Explore how to build body confidence.

What you'll need

- A large piece of paper
- Paper
- Pens
- Colouring pencils



WE DISCOVER, WE GROW

Girlguiding



Feel good

What to do

1 As a group, on a large piece of paper write down as many events at the Olympic and Paralympic Games as you can think of. Try to list at least ten. For example, you could think about:

- Track and field events
- Gymnastics events
- Snow sport events
- Equestrian events

2 Now, each choose a different event written on your paper. Think about the type of person who competes in your event. What do they look like? What do they have to be able to do?

On a piece of paper, draw and label the sort of body shape they could have. For example, strong thighs, short build, good eyesight or a steady hand.

3 Come back together as a group and talk about your athletes. Do you think they could win one of the other events? Or would they need to change their bodies to do that?

4 All of our bodies are amazing and let us do incredible things, but they're all different. Think about what you love to do. How is your body adapted to do that? On another piece of paper draw yourself. Label your drawing with the attributes that you have that help you to do the things you love. For example:

- Strong lungs to sing loudly
- Flexible joints to do yoga
- Big hips for hula hooping

5 People in sport build on the body they have, so you're going to build on what you already have. Talk in your group about what you could do to strengthen the labeled parts of you. For example:

- Improve your dexterity to draw more creatively
- Practise making faces, so you can express yourself more when acting
- Develop your fitness to help with sport
- Strengthen your muscles to help you play a musical instrument

6 Write these down on your drawing. Take your drawing home to remind you how amazing your body is.