

# 30 days of being a Body Bright family

Being Body Bright is about helping your family members with their body image, by being **BRAVE**, **RESILIENT**, **INCLUSIVE**, **GRATEFUL**, **HAPPY** and **THOUGHTFUL** in their bodies.

Try completing these 30 acts of being Body Bright in any order you want • Try all or some, whatever works for your family • Tick them as you go!

<p>Create your own 'We are Body Bright' poster </p>	<p>Tell yourself something that makes you special (that is not about how you look) <input type="checkbox"/></p>	<p>If you see an advert on TV, online or on the side of the road, talk about what the ad is trying to do, why, and how and who is behind it <input type="checkbox"/></p>	<p>Move as a family (e.g., a bike ride, sports game, backyard obstacle course, kids yoga) <input type="checkbox"/></p>	<p>Say at least one thing you like about your body or the way you look </p>
<p>Go outside and use your senses (focus on something that you can see, hear, touch, or smell) - thank your body <input type="checkbox"/></p>	<p>Have a dance party (alone or with your family) <input type="checkbox"/></p>	<p>Prepare a favourite family meal together </p>	<p>Talk about all bodies being good bodies and that every body belongs <input type="checkbox"/></p>	<p>Plant seeds in your garden/a pot and talk about what the plant needs to grow &amp; thrive - just like people <input type="checkbox"/></p>
<p>Tell someone what makes them special to you - that's not about how they look <input type="checkbox"/></p>	<p>Choose a letter of the alphabet and together think of all the foods that start with that letter <input type="checkbox"/></p>	<p>Take a family walk outdoors - talk about the things you see and hear <input type="checkbox"/></p>	<p>Create a mirror sticker/post-it-note with a positive body image message (e.g., My body helps me do amazing things) <input type="checkbox"/></p>	<p>Talk about what you can do if someone says something that isn't very Body Bright (e.g., tell them it's not OK or talk to a grown up) <input type="checkbox"/></p>
<p>Eat one of your favourite foods, slowly and with all your senses <input type="checkbox"/></p>	<p>Read your favourite book and talk to a family member about what qualities/talents you like most about the main character </p>	<p>Pick your favourite food and explain what it looks, smells, feels, tastes, and sounds like, when eaten <input type="checkbox"/></p>	<p>Give everyone in your family a compliment - that's not about how they look! <input type="checkbox"/></p>	<p>Talk about something your body helped you do today <input type="checkbox"/></p>
<p>Wear something you love and feel comfortable in <input type="checkbox"/></p>	<p>Have a picnic (favourite toys invited of course!) <input type="checkbox"/></p>	<p>Try a new physical activity as a family - give it a go! <input type="checkbox"/></p>	<p>Choose a letter of the alphabet and together think of all the things your body can do, starting with that letter <input type="checkbox"/></p>	<p>Have a family meal together, without distractions like devices or TV <input type="checkbox"/></p>
<p>Say something kind about each other's bodies </p>	<p>Create a mirror sticker/post-it-note with a positive body image message (e.g., I am enough) <input type="checkbox"/></p>	<p>Try a new recipe together <input type="checkbox"/></p>	<p>Watch the Being Body Bright video together and agree as a family a way you will be Body Bright today </p>	<p>Take a moment and relax your body with 5 deep breaths </p>