



"This isn't just a scheme of work. It's become a philosophy for staff and students to live by!"

- Thomas Robinson, PSHE Coordinator, Doha English Speaking School

Now for something different

Body image is not a "me" issue, it's a "we" issue. And our newly updated scheme of work for year 5 and 6 (ages 9-11) helps children learn about a subject fundamental to how

**they treat both their own bodies -
and the bodies of others.**

This scheme of work is more than just a lovely PSHE tool that impacts anti-bullying work, health and wellbeing, and citizenship. It's the foundation of a whole-school culture of positive body esteem.

- ✓ Surpass Ofsted requirements and evidence your commitment to child wellbeing, safeguarding and inclusion.
- ✓ Meet national curriculum requirements with ease - no time consuming planning or expert experience required to deliver these sessions.
- ✓ Adapt to any curriculum and complement your wider school approach to health and wellbeing, inclusion and anti-bullying.
- ✓ Accessible for all budgets and supports the social economy - this full scheme of work is only £24.99 and helps to fund other projects and initiatives that support student body esteem and wellbeing.



Each teaching pack contains...

A five lesson scheme of work for years five and six (upper Key Stage 2), with 30-60 minute lessons that can be adapted into the school timetable.



Overview
Detailed teaching notes and rationale mapped to national curriculum and Ofsted requirements, and PSHE Association guidelines.



Impact report template
Pre and post student surveys and impact report template, for tangible impact measuring and reporting.



Lesson slides
Multi-dimensional PowerPoint slides for ease of delivery, consisting of videos, quizzes and class discussion prompts.



Activity sheets
Fun and engaging activity sheets for a range of different types of self-assessment and guided breakout learning.

 **Lesson 1: What is body image?**

Body image literacy - understanding the concept of body image and how our body image can be affected. Exploring media literacy and investigating how different forms of media can impact our body image.

Key words: body image, body appreciation, media literacy, critical thinking

Lesson 2: How does body image affect us?

Exploring appearance ideals - understanding how appearance ideals can impact our body image, and how our body image can impact our quality of life and how we show up in the world. Recognising that our own actions can also impact other peoples' body image too.

Key words: appearance ideals, body neutrality, body autonomy, bullying

Lesson 3: Celebrating body diversity

Body diversity - Understanding that bodies are made to be different, and exploring some of the reasons behind body diversity. Investigating concepts of representation and inclusion, and how these relate to body image.

Key words: body diversity, genetics, evolution, environment, inclusion, representation

Lesson 4: What does it mean to be healthy?

Health behaviours - exploring how healthy behaviours are linked to body image, and understanding that when we feel good about our bodies we are more likely to treat them with kindness. Investigating different types of health behaviours that can make our bodies feel good. Introducing the concept of the social determinants of health and how this impacts our health behaviours.

Key words: health behaviours, social determinants of health, mental health, body esteem, body kindness

Lesson 5: How can we improve body image

Body image resilience and advocacy - building a body happy hero toolkit, to help look after our own body image and the body image of those around us.

Key words: body image resilience, positive affirmations, body image advocacy, culture change, empathy

What makes our scheme so special?

We are a multidisciplinary team



We are the only body image organisation of our kind, with a multi-disciplinary team. Our resources are made by PSHE specialist teachers for teachers, and then reviewed by our wider team which includes GPs, mental health support workers, a children's eating disorders dietitian, nutritionists and weight inclusive fitness trainers.

Our executive director and founder, Molly Forbes, is a journalist with over 15 years experience working in media, training and media literacy education, and the author of the book *Body Happy Kids*, published by Vermilion (an imprint of Penguin Random House).

We have a robust internal impact measurement framework and, what's more, this year we're working with researchers at The University of Lincoln on a formal study to assess part of our approach.

All of this experience, expertise and prioritisation of impact monitoring means that when we say our resources are evidence-based and expert-led, we can say it with confidence.



The Body Happy Organisation CIC

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