



We are **RESILIENT**
to needing to look
like what we see on
TV, online or in books.
We are enough!



We are **BRAVE**
and say **NO** to teasing
or jokes about how
someone looks.
**Appearance teasing
is never OK!**



We are **INCLUSIVE**
of every **BODY**.
Show kindness
and respect
to all bodies!

We are a Body Bright Family!



We are **HAPPY**
by moving our bodies
in ways that are fun.
We move for our
minds and bodies!



We are **GRATEFUL**
of who we are and
what our body can do.
**There is only
one me!**



We are **THOUGHTFUL**
by listening when our
body is hungry and full.
We are curious
about all foods!