

Every Body Is Good!

A set of lessons designed to promote a positive body image in students.

EBIG lessons now available!

Attention Michigan Educators:

- Physical Education Teachers
- Science Teachers
- Health Teachers
- Life Management Teachers
- Classroom Teachers

History and Weight Screening:

The lessons were developed because of needs identified in *The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper*, written in 2001. This paper provides practical guidelines, policy recommendations, and also addresses concerns and safeguards for weighing children in school. These lessons are one of six safeguards to protect students' emotional well-being that should be in place before a school initiates the practice of screening children for weight. These lessons are appropriate for any teacher that wants to promote healthy weight and a positive body image.

Lesson Facts:

- Lessons for Kindergarten - 12th grade
- 2 twenty minute lessons for each grade level
- Featuring an "attention grabber" and an interactive classroom activity

Key Messages in Lessons:

- I accept people as they are and believe that the differences among us make the world more interesting and beautiful.
- I believe there is no such thing as a "perfect" body size and/or shape.
- I listen to my body and pay attention to its needs.
- I value my body and do my best to keep it healthy, especially by eating healthy foods and by being physically active.
- I value people for who they are and what they do, rather than what they look like. My body will change in its own unique way as I grow.

**AVAILABLE ONLINE
FOR DOWNLOADING AT:**

Healthy School Action Tool
resource section:
www.mihealthtools.org/schools.

Educational Material Center:
www.emc.cmich.edu/EBIG

Healthy Students Learn Better!

Michigan Department
of Community Health



Every Body Is Good!

Fax Order form

Copies available to Michigan schools free of charge!

Name

Organization

Street Address

CityStateZip:

Phone

Email

I am a:

- Classroom teacher
- Physical education teacher
- Science teacher
- Health teacher
- Life management teacher
- School administrator

FAX to:

517-373-1233

Attention:

Office of Coordinated School Health and
Safety Programs

Healthy Students Learn Better!

