

# Every Body is Different!

USE THIS ACTIVITY TO TALK ABOUT SELF-LOVE AND THE IMPORTANCE OF VALUING WHAT MAKES US UNIQUE. ADULTS AND KIDS CAN DO THIS TOGETHER!

I love my laugh because:

My hands help me:

1

2

3

4

5

1

2

3

4

5

What makes me unique is:

What my body does for me:

1

2

3

4

5

1

2

3

4

5

