

POSITIVE BODY IMAGE JAR

Step 1: Write a self-love message on a piece of paper.

Step 2: Stick your message to an old jar.



Step 3: Start writing little notes about what you love about yourself.

Step 4: Fill the jar with your notes.



- Add more notes to your jar every time you think of something positive about your body.
- Get your family and siblings involved – They can add a note, maybe something they love about you.
- Every time you're feeling worried about your body, go to the jar and read all the positive notes.
- This will not only help you feel better but it will make you realise that you are unique, you are beautiful and you are loved.