

SIDE BY SIDE NUTRITION

## BODY IMAGE JOURNAL

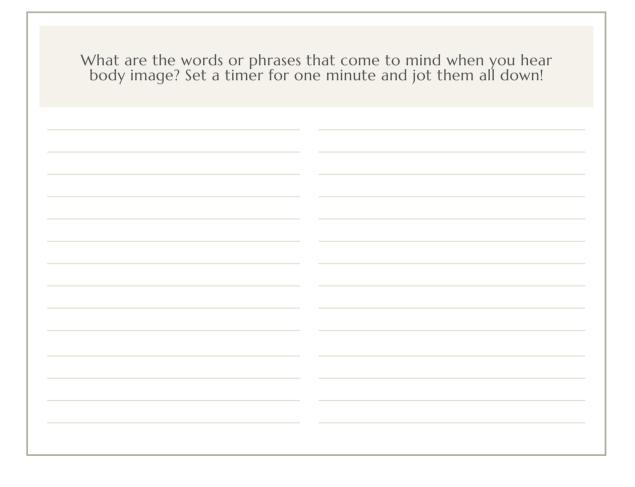
What is body image? Okay, so then what is body image work?

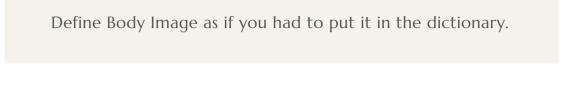


## **OBJECTIVES:**

The purpose of this activity is to assess your prior knowledge and understanding of what the concept of body image means and what body image work entails.

Try and journal freely-jotting down whatever comes to mind, while catching any judgement of yourself. For reflection prompt one and two, I want you to zoom out and think in broader terms, as if you were teaching this to a classroom of students.





Was question two harder to answer than you thought? Why and what do you think about that?

