

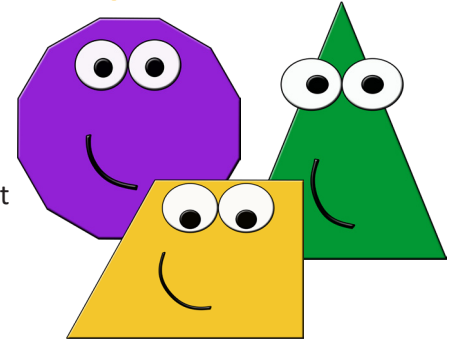
My Unique Body Activity Guide Grade K-2



Know Your *Neuro*

Quiz Questions

1. How do you spell the word UNIQUE? U N I Q U E
2. What does the word 'unique' mean? **Answer:** The only one of its kind.
3. How does the word 'unique' relate to your body? **Answer:** There is no one else in the world whose body was made exactly like yours, unless you have an identical twin. That means you and your body are unique!
4. When you compare yourself to others and see how different you are to others, do you sometimes get confused about how to think or feel? **Answer:** Yes, sometimes you may feel or think positive or negative things about your differences.
5. Are all bodies good bodies? **Answer:** Yes, all bodies are good bodies no matter how different they are.
6. Is it important to think and feel positive about our bodies, even if they are different? **Answer:** Yes.
7. According to the video, what is the first thing you can do to feel positive about your body? **Answer:** Be thankful for all the positive things our body does like play, hug, and eat good food.
8. What is the second thing you can do to feel positive about your body? **Answer:** Learn how to eat healthy, nutritious foods to take care of your body and keep it strong.
9. What is the third thing you can do to feel positive about your body? **Answer:** When you see people who look different than you do, celebrate and appreciate those differences because that is what makes everyone unique!



Classroom Activities

Our Unique Class

Ask students to help you make a list of ways students are different. Write their answers on the board. Examples include:

- likes and dislikes
- interests
- height
- weight
- complexion
- hair color/type (curly, straight, etc.)
- eye color

Discuss how some things will change over time such as likes, dislikes, height, or weight and how some things will stay the same such as eye color or complexion. These are all things we can celebrate and appreciate because they make each student UNIQUE!

1, 2, 3 Good Things About Me

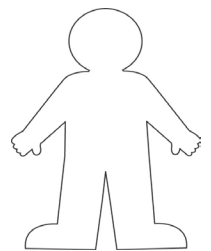
Ask students to share (Kinder) or write (1st and 2nd) 3 things that they like and love about themselves and 3 things that they are good at. As students share their 'good to be me' statements, end the share time with children shouting 'It's good to be you!'

Thankful Body Outline

Lay a large sheet of paper (or sheets taped together) on the floor and choose a child in the class to trace around as they lay on the paper. Talk about the different parts of the body. Ask students to write things on the drawing that each body part helps them to do. Examples:

My arms help me to hug my family.
My legs help me to play at recess.
My ears hear the kind words my friends say.
My stomach helps me eat good food.

This can be adapted according to the abilities and limits of each student.



It's Good to Be Me Song

Watch and sing along with the 'It's Good to Be Me' video at:
https://youtu.be/SnI_XRNpDq0

1, 2, 3...It's good to be me! 1, 2, 3!
And I want the world to know, it's good to be me!
I'm a special person and, there is only one of me.
And no one else is prouder of the person that is me!