

# Who Am I?

- Inside this figure on the following page write down all the positive qualities about yourself. Are you kind? Are you a good friend? Are you great at history or art or a musical instrument?
- What can the different parts of the body do? Legs can run,, arms can hug, hands can paint/draw, ears can listen to music etc.
- This exercise encourages a mindset of Body Neutrality – the concept that we are so much more than our bodies and we can appreciate the function of the body without necessarily loving it.

- Now, on the outside of the figure, write down all your insecurities, the parts of your body you struggle to accept, or anything negative you have been told by others.
- Take a pair of scissors and cut out the shape of the figure.
- Take the outside scraps with the negative words on and tear up this paper before disposing of it.
- Imagine yourself letting go of all your insecurities.
- Keep the gingerbread figure with the positive words on somewhere safe.



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