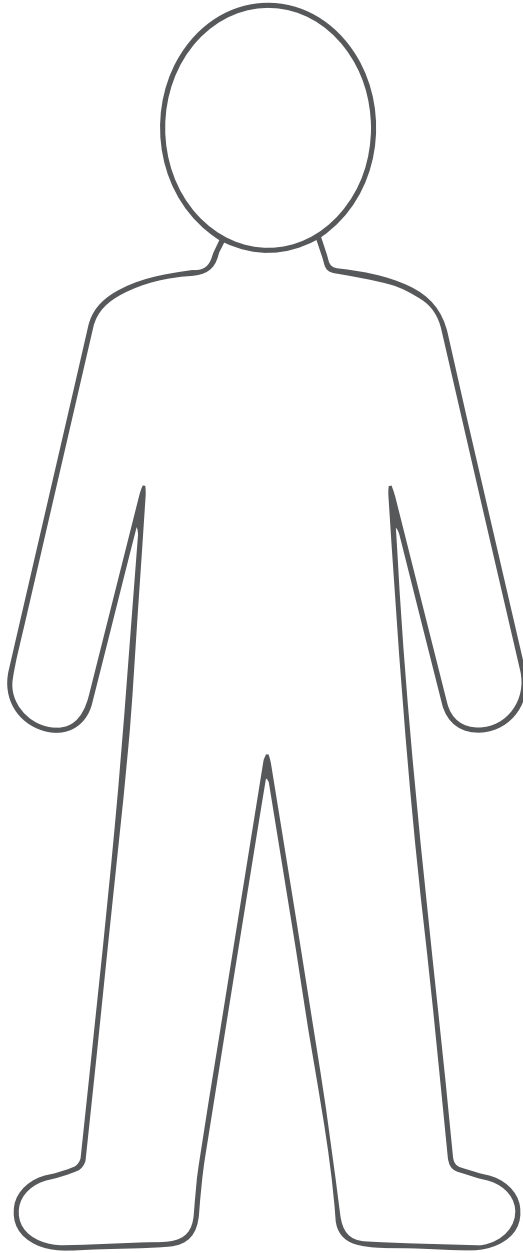


Paper Doll Silhouette



X Put an x on every part of the silhouette that represents something you don't like about your own body.

♥ Put a little heart on the parts of the silhouette that represent what you love about your body.

🌀 Put a little crease or crinkle on every part of your body that doesn't work properly or feels broken.

On the back of the silhouette, write two or three words that describe your relationship with your body, or how you think about yourself.