

ACTIVITY:

Positive Posters

What's the meaning?

Freedom to Feel Fantastic is a campaign supporting us all to have the freedom to be body and self positive, free from the judgment of others.

We have created a series of posters displaying some key messages that can help us, and others, feel body and self positive. In this activity you review each poster and then choose one to discuss before designing your own.

Get started...



Positive Posters...

The following pages feature one poster per page. Look at and read all of them, then pick one poster (or more!) to review.

Get creative...

Create your own poster

1. Create your own poster which encompasses the campaigns aims that we all deserves to feel body and self positive.
2. Answer the following questions about your poster:
 - What is the meaning behind the quote
 - How does it relate to body image and self esteem
 - How could following the quote help someones self esteem/body image?

We'd love to see your finished poster.



Teachers: Please note the self love poster may not be suitable for primary school aged children.



Positive Posters

1) Discuss the quote

a) What do you think the quote means?

b) How does the quote relate to body image and self esteem?

c) How could following the quote positively boost someone's self esteem and/or body confidence?



2) Discuss the campaign

The campaign is called Freedom to Feel Fantastic. Discuss the freedom aspect of the name, where should the freedom come from?

In the poster series the campaign has used animals rather than people. Discuss why you think they have done this?



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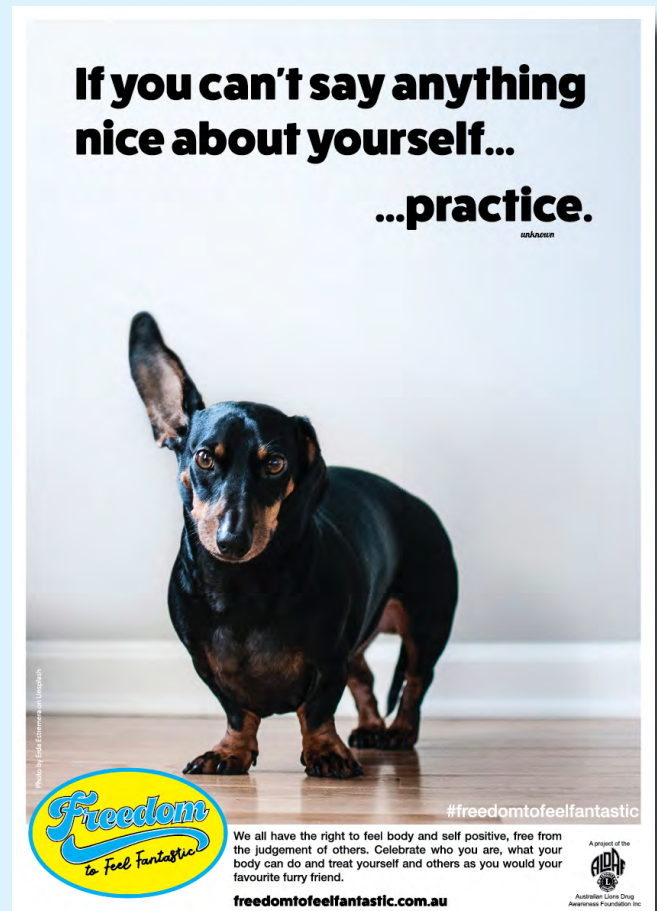
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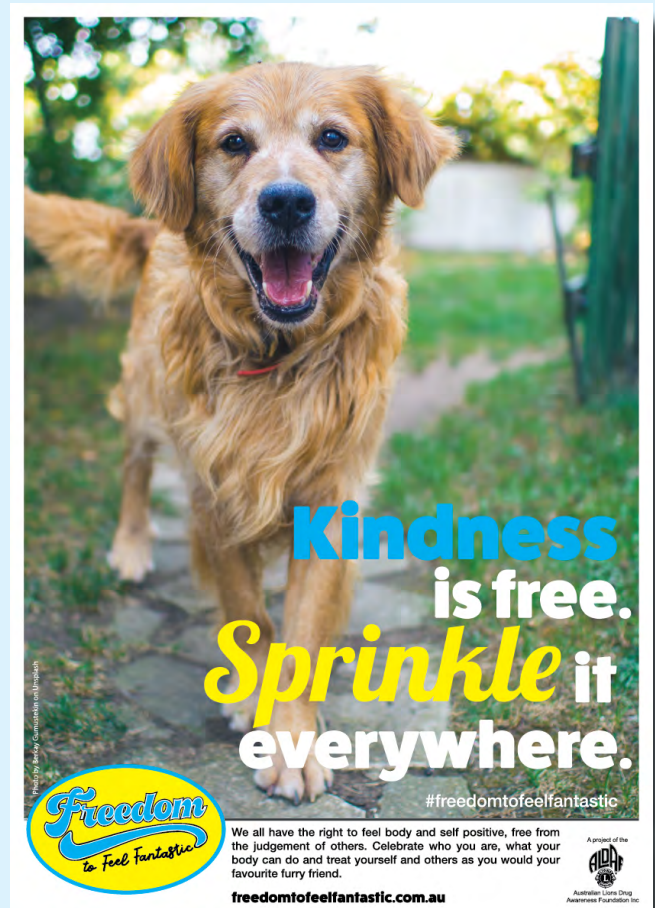
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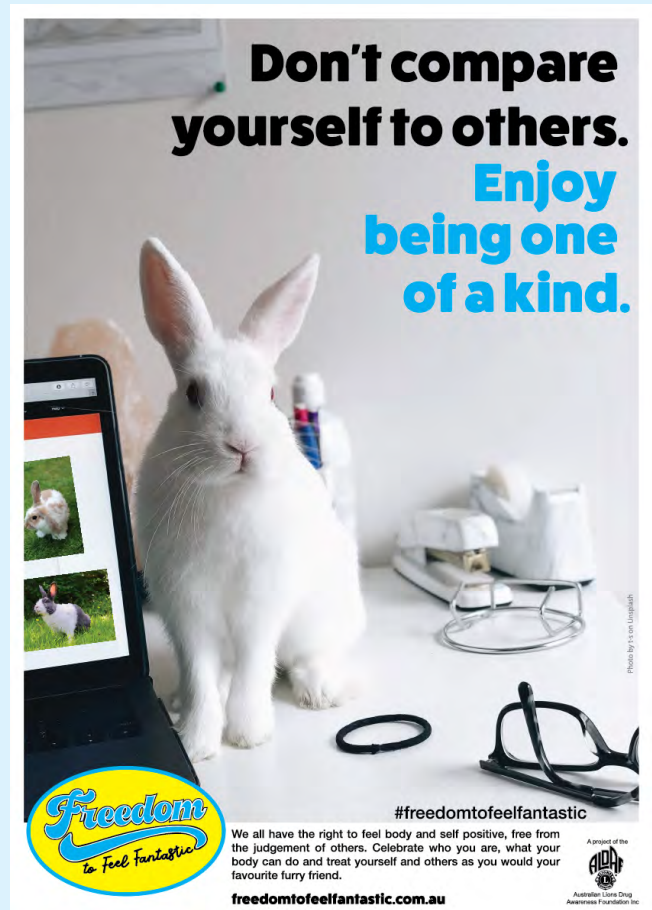
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