**Secondary Guidance Lesson**

*Self Image Lesson #2: Self-Talk*

**Objective:** To identify the power of self-talk in one’s body image.

**Video**: <https://youtu.be/D9OOXCu5XMg>

**Activity:**

* Watch the video *The Reflection in Me*, created by Marc Colagiovanni and children’s book illustrator Peter H. Reynolds.
* Encourage class participation with these discussion questions:
  + How was the child feeling about herself at the beginning of the video?
  + What was the child doing that made you feel that way? (facial expressions, body language. etc.)
  + The girl began telling herself positive things about herself while she looked in the mirror. When she reminded herself about all of the great things about her, her feelings seemed to change. How did she feel after saying positive things to herself?
* Encourage students to explore information about body image at the link below.

<https://kidshealth.org/en/teens/body-image.html>

**Follow-up/Closing:** Body image is how we view ourselves.*The Reflection In Me* helps to show evidence about how our self-talk can make a difference in how we view ourselves. Do you have a habit of putting your body or yourself down? To break that bad habit, build a good habit in its place. Tell yourself what you like instead of what you don't. Keep doing it until it is a habit. See how that can change your body image over time! As a reflection for yourself, identify three things that you like about you! And as always, your school counselors are here to help!