



I HATE MY BODY

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PDF 1 – Warm-up & Reading + Teacher Notes

Dear AI – I Hate My Body (A2)

Warm-up (8 minutes)

Discuss in pairs or small groups:

1. How many hours do you spend on social media every day?
2. Do you ever compare your body or looks to people you see online?
3. Is it normal for teenagers to worry about their appearance?

Read Sophia's Letter

Dear AI,

I'm 15 and I hate my body. Every day on Instagram and TikTok I see girls with perfect skin, long legs, and flat stomachs. I keep comparing myself and I feel ugly.

I've started skipping meals and I feel anxious every time I have to post a photo. My friends say I look fine, but I don't believe them. I know it's stupid, but I can't stop.

What should I do?

Sophia

Quick Check

1. How old is Sophia?
2. What does she do before posting a photo?
3. Why doesn't she believe her friends?

Vocabulary – Match + Example Sentence

Meanings:

- | | | |
|-------------------|-----|---|
| 1. compare myself | ___ | a. nervous and worried |
| 2. anxious | ___ | b. not eat on purpose |
| 3. skip meals | ___ | c. the way you see and feel about your body |
| 4. ugly | ___ | d. judge myself against others |
| 5. body image | ___ | e. not attractive |

Teacher Notes & Answer Key

Level: A2

Time: 45–60 minutes

Skills: Speaking, Reading, Writing, Vocabulary

Grammar Focus: Giving advice, expressing feelings

Answers:

Quick Check: 1. 15 2. She feels anxious 3. She doesn't believe them

Vocabulary: 1-d, 2-a, 3-b, 4-e, 5-c