



I HATE MY BODY

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PDF 3 – Fun Activity

Game:

Good Body Image

or

Bad Body Image?

Work in groups.

Look at the picture and then read the situations below.

Decide for each one:



✓ Good for Body Image ✗ Bad for Body Image 🤔 It Depends

1. Comparing yourself to influencers on Instagram every day.
2. Doing sports because you enjoy how it makes your body feel.
3. Skipping meals to lose weight fast.
4. Posting photos without filters.
5. Following accounts that always make you feel bad about yourself.
6. Complimenting your friends on how they look.
7. Taking a break from social media for a few days.
8. Only eating “aesthetic” food for photos.
9. Accepting that bodies come in all different shapes and sizes.
10. Worrying about every single pimple or “flaw”.

Part B: Ranking

From the picture and the list, rank the **top 3 worst things** for body image (1 = worst):

1. _____
2. _____
3. _____

Part C: Your Own Examples

Write two more Bad for Body Image habits:

1. _____
2. _____

Write two more Good for Body Image habits:

1. _____
2. _____

Part D: Mini Role-Play

Choose one situation and create a short funny dialogue (6–8 lines):

- The measuring tape situation (like in the picture)
- A friend who always says “You look fine” but you don’t believe them
- Someone who only posts perfect photos
