

# Body Image - Mood board

KS3

30 mins

An activity to show that our identity is much more about who we are than what we look like.

## What you need:

- Access to computers – clip art/google images.
- Magazines/Newspapers
- Photos and other personal items

**(Before the session:** Ask students to collect photos/small items from home to be used in creation of a mood board about themselves)

## Method:

- The idea is to create an 'All about me' mood board, which focuses on what makes us the person we are.
- Show the board below as an example. (Emphasise you don't have to be a great artist)
- Create a board containing images/text representing aspects of you – the combination of things that make you unique.
- Examples of things you could include are hobbies, interests, things you are proud of or have achieved, friends, family, pets, things other people say about you. It may be helpful to come up with a list of the sort of things that could be included. You can also ask friends what they feel you should include.
- The board should not include references to any aspect of your physical appearance.
- Share mood boards either in groups or as a class, asking for volunteers.
- Emphasise and reflect on the fact that who we are is so much more than what we look like.

## Extension activity

20mins

- In groups create a mood board for the perfect friend. This time there is no restriction on making reference to physical appearance.
- If physical attributes are included discuss how important they are in relation to personal qualities and other 'none physical' attributes.
- Each group could vote on the top three most important attributes. Do physical attributes make it into the top three?
- Assuming physical attributes are not judged important discuss why we are so obsessed with how we look.

N.B. Be prepared for some controversial perspectives. Encourage others to challenge.



