**Healthy Lifestyles**

***Body Image***

**L.O:** To write all the words and phrases that you can think of that are truly important when it comes to how we think and feel about ourselves. (at least 10)

**What makes a person ‘beautiful’ to you? Choose which ones are the MOST important**.

(Clothes you wear, the hairstyle, the size of the muscles, the facial features, caring nature, a friendly smile, willingness to help)