



Body Talk Scenarios

For leaders to act out.

Have fun with these; this activity should be lighthearted!

1 Two girls walk into a clothes shop and start talking about the outfits they will buy for a party they are both going to. Talk about colours and styles, and introduce the sentence, “I love this dress, it’s beautiful. I think you should try this on – you will look great in it because you’re so skinny and have such great legs.”

2 Two girls are going swimming. They haven’t been swimming for a long time and are looking forward to it and talking about jumping into the pool and so on. They get into their swimwear and one girl comes out of the changing room, saying, “Do I look fat in this?”

3 Two girls are looking over photos from a recent trip they had. They laugh at the funny faces they pull in one picture, then as they look at the next picture one girl says she’s doesn’t like that photo because it makes her look fat. Her friend replies, “You think you look fat? Look at me!”

4 Two girls are looking at make-up in a store. One of the girls says, “Even this make-up won’t fix my skin and it’s certainly not going to do anything about my glasses and braces!”

5 A girl is waiting for her friend. They haven’t seen each other for a while and greet each other in a really excited way. Then one girl stands back and says, “Wow, you look great! Have you lost weight?”

6 Two girls are standing in a corridor at school, talking about their homework. They both watch someone walk past, then one whispers to the other, “Did you SEE how big her bum [/butt] is?”

7 Two girls are flicking through magazines. They talk about one of the stories and start talking about the photos of the people. At some point, one girl should say, “Honestly, you would look as pretty as [the celebrity] if you were a bit thinner”.

