



## 10 Steps to a Body Positive Camp

1. Praise campers for the caring things they do, not what they wear, look like, or are good at.
2. Get rid of the mirrors!
3. Make meals fun. Have a topic of the day or table activities.
4. Listen, Listen, Listen
5. Be involved. Join in campers' conversations.
6. When dressing up (and we do that a lot) help campers get excited about the theme instead of individual looks.
7. Be confident in YOUR own body.
8. Let activities focus on campers having fun and learning, not on completing first or best.
9. Have age appropriate books and magazines. Throw out the fashion magazines.
10. Get to know your campers as individuals. Let them have a say in activity choices.