

WE ARE BEAUTIFUL

MATERIALS |

paper, markers or crayons and craft materials

OBJECTIVES | The objective of this activity is for participants to think more deeply about what is beautiful, what they find beautiful, and why. To empower students to view themselves as beautiful.

FACILITATOR INSTRUCTIONS |

Invite participants to write a few paragraphs (or draw a picture) about what they think of as beautiful.

Next invite participants to write a paragraph or draw a picture of what they think society or other people find beautiful.

Divide participants into pairs and invite them to share their reflections with each other.

Return to the concept of beauty

- Ask participants to share what they noticed about what they think beauty means or what it means for something or someone to be beautiful
- Share that we live in a world where some people think only certain skin colors or body types are beautiful, but this is not the case. Beauty comes in all forms and fashions and for many of us is about more than what we see on the outside. Often the most beautiful things in the world are things found in nature or things inside of us, like how we treat each other.

DEBRIEF QUESTIONS |

- How did it feel do to this activity?
- Where your two definitions of beauty the similar or different? Why?
- Why do you think certain things are thought of as more beautiful than others?
- What is one thing we can each do to make sure that everyone in our school/class feels beautiful and valued?

NOTES |

This activity can be as simple or elaborate as you wish. You could just ask participants to share or you could create posters.

EXTENSION: Connect to a broader lesson about how beauty standards change over time and across culture and context.



SUPPORTING MEDIA |

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creating-inclusive-spaces/](https://www.michiganlearning.org/creating-inclusive-spaces/)

