

**Adapted Activity 2 - Pie of Influence**  
from The Girls Circle Activity Guide, **Body Image**



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access..

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

**Girls Circle:**

Opening Ritual

Theme Introduction

Check-In

**Activity → ADAPTED**

Sharing of Activity

Closing Ritual

**The Council for Boys and Young Men:**

Opening Ritual

Theme Introduction

Warm-Up

Check-in

**Activity → ADAPTED**

Reflection

Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

## **Adapted Activity 2 - Pie of Influence**

from The Girls Circle Activity Guide, **Body Image**

### **Topic: Body Messages**

By examining influences in their lives, the girls explore personal messages they encounter from family, peers, and self regarding their bodies.

### **Objectives:**

- To raise awareness in terms of where these messages come from, i.e. family, friends, and peers.
- To explore the feelings related to these messages.
- To brainstorm healthy responses to these messages.

### **Key Learning Points:**

- Identifying who impacts them most in regards to their own body image.
- How the feelings we have about bodies affect the way we feel about our whole selves.
- Defining what we want our messages towards our bodies to be.
- The importance of identifying the messages that affect us as a whole.

### **Procedure to Lead Activity:**

Let the girls know we will be doing an activity that will have them think about Body Messages they receive from others.

Have the girls have two pieces of blank paper and a pen or pencil available before beginning the activity.

Let the girls know you will be asking them a few questions. The girls can think about the responses to themselves or write them down on one of the pieces of paper. Tell the girls that the questions they answer do not have to be shared with the group.

Ask the group the following questions:

Give the girls a few minutes to think about the questions, before moving to the next question.

- What messages, verbal , or non verbal, do you encounter at school or with your friends regarding your body appearance? From boys? From other girls?
- What messages do you encounter at home regarding your body image ( from parents, brothers, sisters, aunts, uncles, etc.)?
- What messages do you hear from your “ inside voice” regarding your body?

### **Sharing of Activity:**

Ask the girls to take one piece of paper and draw a circle on the paper, filling the whole sheet of paper.

After they have drawn the circle, have them divide the circle into three sections: peers, family and self. The size of the sections will be in proportion to the number of body/appearance messages, and/or the impact the messages they have received from each of the three categories. ( you can demonstrate by either showing them an example by holding it up or on the white board )

Instruct the girls that this activity will give them an opportunity to see a “visual” of who impacts them the most in regards to their own body image.

Have the girls take a few minutes to complete their “Pie of Influence” Invite the girls to hold up their “Pie of Influence” one at a time, by raising their hand, and share one or two of their messages.

**Reflection Questions:**

How do the feelings we have about our bodies affect the way we feel about our whole selves?

*Invite the girls to share their thoughts.*

What do we want our messages towards our bodies to be? *Invite the girls to share their thoughts.*

**Application Question:** Have each girl share one thing they can do this coming week to develop positive messages about their body.