



Cheers for Every Body

Congratulations! You've made it to young adulthood. Although your body may not be *totally* done growing, the guessing is pretty much over about this part of your development—and that means it's time to celebrate! In this badge, you'll show how much you appreciate your body (and everything else about yourself) through actions, words, and attitude. Give three cheers for every body, and remember—the path to the future may start here, but the best is yet to come.

Steps

1. Express yourself through dress
2. Project your confidence with body language
3. Set and maintain your body boundaries
4. Surround yourself with positivity
5. Celebrate yourself!

Purpose

When I've earned this badge, I'll understand how body appreciation boosts my self-confidence and sets me up for a great future.



Step 1: Express yourself through dress

What’s your personal style? Maybe you’re all about comfort—yoga pants for the win! Or maybe you love certain colors or something specific to your cultural heritage—the list goes on and on. Whatever you like wearing, your clothing choices can say something about your inner self. Express yourself through dress and let your inner light shine!

Sample activities:

Focus on feeling. Think of any situation you might encounter. It could be an exciting event, such as prom or a beach day. It could also be something more everyday, such as going to school or the grocery store. Picture clothing and accessories that you think would make you feel 1) comfortable, 2) proud, and 3) yourself in that situation. Assemble your look and model it for a friend or family member, or try it out and about. If you don’t own the items you have in mind, draw your ideas or find another way to represent them—you don’t have to spend money to daydream!



Try on something new. Go to a clothing or thrift store with friends or family and try on some things you wouldn’t normally wear. You don’t have to buy anything, so don’t even look at the price tags—just have fun and experiment with style. If you can’t go to a store, go “shopping” in a friend’s closet to try on new things (and

let them “shop” your closet, too). Who knows, you might find a whole new look that screams “ME”!



Do a Good Turn

Not everyone has clothes to spare—but if, after doing this activity, you realize you own clothing items you don’t love and can do without, consider donating them. They could really help someone in need. And besides, they might just be the missing piece in someone else’s fashion statement!



Step 2: Project your confidence with body language

Body language can project confidence and strength. When you sit or stand straighter, gesture while talking, or nod your head, for instance, others may get the impression that you’re on top of your game. Confident body language comes naturally to some people. For others, it’s more challenging—but guess what? Even if you’re not TOTALLY feeling it, you can still use confident body language to give yourself an attitude boost. Find out how confidence is a two-way street between your mind and your body—and learn how to use this connection to your advantage.

Sample activities:

Role-play a job or school interview. Read about confident body language. Then, with a friend, take turns “interviewing” for school admission or an imaginary job. One person asks questions while the other answers. When you’re the interviewee, focus on using positive body language to project confidence and friendliness. Afterward, talk about the experience. How did the “interviewer” perceive you? Did your body language

affect your attitude? Would you use different body language for a virtual interview? How might this skill help you in the real world?

Learn about power poses. Read about “power poses”—body positions people of any age can use to increase feelings of confidence and power. Choose your favorite pose or poses (or invent your own!) and practice every day for a week, holding each pose for about two minutes. As you pose, think about feeling powerful and great. Journal about any effects you notice on your mindset or behavior.



Learn from an expert!

Look up a body language video online or ask a professional to give you some tips in person.



Beyond Words

Body language can vary from culture to culture. For instance, you might nod your head to mean “yes” and shake it back and forth to mean “no”—but in some cultures, it’s exactly the opposite! A person who shakes their head in Bulgaria is likely agreeing with you, not disagreeing. People on the autism spectrum may be less likely to make eye contact, and those who are neurotypical may be more comfortable with physical touch. Pay attention to people’s nonverbal cues and adjust your behavior accordingly. By showing patience, flexibility, and respect, you’ll hit the right note.

Step 3: Set and maintain your body boundaries

Your body belongs to you, and you alone. You ALWAYS get to say how others are allowed to interact with it. It's tough to maintain body boundaries if you haven't defined them for yourself, though. And even if you're clear on your boundaries, it can be hard to speak up when you feel uncomfortable. Practice being clear about your boundaries with yourself and others.

Sample activities:


Write and share personal boundary statements. Think about your personal body boundaries. Write them down in the form of "I am comfortable with..." and "I am not comfortable with..." statements. For example, how do you feel about social hugs or standing in tight crowds? What about someone fixing your hair or tapping your shoulder? Share and discuss your statements with a group of friends, then have a group discussion about the importance of body self-awareness and self-advocacy.

Practice clear communication. With a friend, role-play situations where someone is infringing on your body boundaries. Examples might include standing too close, asking for a hug you'd rather not give, or providing unwanted help with mobility or other physical issues. Practice saying "no" or setting boundaries in a confident yet respectful manner. Consider inviting a guidance counselor, therapist, or other expert to discuss effective communication strategies.

Why Maintain Boundaries?


Boundaries are personal limits you set to protect your physical, emotional, and mental well-being.

Why is it important to set and maintain boundaries?




Self-respect

When you set boundaries, you honor yourself and your needs.



Safety

Boundaries protect you from harmful or uncomfortable situations.



Healthy connections

Boundaries promote healthy, happy relationships in all areas of life.



Step 4: Surround yourself with positivity

When you feel great about yourself, you're flying high—but negativity can bring you crashing down. It's important to fill your life with positive people, influences, and activities to keep your feel-good mojo going. **But why stop there?** Take action to put your personal brand of positivity out into the world! Help others feel great (and help yourself, too) by making your little corner of the world a better, more positive place.

Sample activities:

Start a positivity campaign. Work with friends to create a campaign that promotes positive thinking. For example, at school, ask if you can share a daily affirmation during morning announcements. At home, leave confidence-boosting notes for family members. The campaign doesn't have to be body-focused, but if you want to include themes of body appreciation, that's great—spread the word!

Challenge negative self-talk. People can be their own harshest critics. We might say unkind things about ourselves that we would never say about someone else. Invite a counselor, life coach, or other expert to teach you and your friends how to recognize and gently challenge negative self-talk in others. Come up with questions in advance about comments you've heard that you weren't sure how to deal with. Arm yourself with knowledge so you can lead the way to positivity!

Why Body Appreciation?

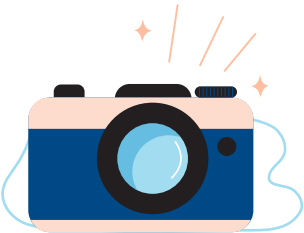
Ideas about healthy approaches to body image have changed over time. First came body positivity, which means celebrating your body and looks. This shifted to body neutrality, which means finding peace with your body and accepting it the way it is. Now we talk about body appreciation, which means understanding and being thankful for all the amazing things you can do. Your body is a gift—use it well!

Step 5: Celebrate yourself!

You've learned so much about respecting your body and letting your self-confidence shine. You're ready to head out into the world and inspire others. Before you do, though, take a moment to appreciate your wonderful, unique self. There's no one else like you—and that's really something to celebrate.

Sample activities:

Let every body shine at a fun photo shoot. With a group of friends, do a photo shoot where everyone gets a turn in the spotlight! Glamor isn't the point here. Your goal is to snap photos that capture moments of strength, peace, joy, or anything else that reflects authenticity. Want to add some activity? Put on some upbeat music and catch some dancing shots, if you like. Or snap everyone's favorite yoga poses—you're sure to get something great! Remember, if some friends aren't comfortable in front of the lens, that's okay. They can take photos, wrangle props, or do other essential behind-the-scenes tasks. After the shoot, put together a digital slide show or photo album that everyone can enjoy.



► **For more fun:** Need headshots for future job or school applications? Now's your chance!

Celebrate yourself in art. Create a piece of art—any kind—that celebrates YOU. It could be a painted self-portrait, a collage, a mosaic, a piece of music, a poem, a story, or anything else you're inspired to make. Not into self-expression? Not a problem! Pair up with a friend and create portraits of each other. Try to capture what's special about your pal—and see what they think is special about you!



Volunteer's Guide

Tips and ideas to help guide your troop through the Cheers for Every Body badge

This badge line addresses body issues and related topics. Some Girl Scouts may find these topics sensitive. As the facilitator, your delivery is critical in providing a positive experience. Visit the Volunteer Toolkit on mygs.girlscouts.org for information and resources that will help you make the most of this experience, along with detailed activity instructions and meeting aids.

Step 1: Express yourself through dress

Time: 30–40 minutes

Ask: What's your personal clothing/dress style? Do you feel it expresses your inner self? If so, how?

Share: Your clothing choices can say something about your inner self. Try expressing yourself through dress and let your inner light shine through!

Sample activities:

Focus on feeling. Ask Ambassadors to think of an event. It could be something exciting, such as a party, or more everyday, such as going to school. Have them picture clothing and accessories they think will make them feel 1) comfortable, 2) proud, and 3) themselves in that situation. Have them assemble their look by modeling it or creating a vision board, then sharing it with friends, family members, or the group at the next meeting. If it's not possible to assemble the materials/items they need, Ambassadors can draw their look instead, then share it.

Materials: *vision board supplies, if needed*

Try on something new. Have Ambassadors go to a clothing or thrift store with friends or family and try on items they wouldn't normally wear. Explain that they don't need to buy anything, so they shouldn't even look at the price tags—just have fun and experiment with style. Suggest that they take pictures, if they like, to share later. At the next troop meeting, have Ambassadors discuss their experiences and whether they found a new look that screams “ME”!

Materials: *none*

Step 2: Project your confidence with body language

Time: 30–40 minutes

Ask: How do you think your feelings affect your body language? Can you purposely use body language to

communicate whatever you want?

Share: When you feel confident and strong, it can come across in your body language. If you feel uncertain, you can still use positive body language to give yourself a boost! Today, you'll practice this important skill.

Sample activities:

Role-play a job or school interview. Have Ambassadors read about positive body language. Then pair them to take turns “interviewing” for school admission or an imaginary job. Remind them that the interviewee should focus on using positive body language. Afterward, have Ambassadors discuss their experiences, including topics such as how the “interviewers” perceived the “interviewees,” how body language affected their attitude, and how this skill might help them in the real world.

Materials: *computers, smartphones, or tablets*

Learn about power poses. Have Ambassadors learn about “power poses”—body positions people of any age can use to increase feelings of confidence and power. Have Ambassadors choose their favorite pose(s) or invent their own. Practice the poses as a group. Then ask Ambassadors to do their chosen pose(s) every day for a week, holding it for about two minutes each time. Have them journal about any changes in their mindset or behavior, then share about their experiences at a later meeting.

Materials: *computers, smartphones, or tablets*

Step 3: Set and maintain your body boundaries

Time: 20–30 minutes

Ask: Have you ever defined your personal body boundaries? Would you know how to speak up confidently if something made you uncomfortable?

Share: You ALWAYS get to say how others are allowed to interact with your body. It's harder to maintain body boundaries if you haven't defined them for yourself,

though. And even if you're clear on your boundaries, it takes courage to speak up. Today, you'll practice being clear about your boundaries with yourself and others.

Sample activities:

Write and share personal boundary statements. Have Ambassadors consider their personal body boundaries and write them down in the form of “I am comfortable with...” and “I am not comfortable with...” statements. Give examples, such as social hugs, standing in tight crowds, or someone touching their shoulder. Have Ambassadors discuss their statements as a group, if they feel comfortable, focusing on the importance of body self-awareness and self-advocacy.

Materials: *pens and pencils; paper*

Practice clear communication. Ask Ambassadors to identify one situation that would infringe on their body boundaries. Give examples, if needed, such as someone standing too close, asking for a hug you'd rather not give, or providing unwanted help with mobility or other physical issues. Then pair Ambassadors and have them take turns role-playing these situations. Encourage them to practice saying “no” or setting boundaries in a confident yet respectful manner. Consider inviting an expert to provide feedback and guidance.

Materials: *none*

Step 4: Surround yourself with positivity

Time: 20–30 minutes

Ask: Can you name some positive people, influences, or activities in your life? How about negative? How do these things (both positive and negative) make you feel?

Share: Negativity brings you down; positive people, influences, and activities build you up. Let's think about how to make a positive difference in ourselves, others, and the world at large.

Sample activities:

Start a positivity campaign. Have Ambassadors work together to create a campaign that promotes positive thinking. It might include actions such as sharing a daily affirmation during morning announcements at school or leaving nice notes for friends. Explain that the campaign doesn't have to be body-focused, but it can include themes of body appreciation if they'd like. Have Ambassadors run their campaign for at least a week, then share their experiences at a future meeting. Were they able to enact positive change? If so, how did it make them feel?

Materials: *none*

Challenge negative self-talk. Invite a counselor, life coach, or other expert to a meeting to talk about the effects of negative self-talk, then discuss ways to recognize and gently challenge negative self-talk in others. Before the presentation, have Ambassadors brainstorm comments they've heard from others in the past (or, perhaps, have made themselves) that they can use as examples to get specific advice. Encourage Ambassadors to practice challenging negative self-talk outside the meeting space, then report their experiences back to the group.

Materials: *none*

Step 5: Celebrate yourself!

Time: 20–30 minutes

Ask: Are you ready to celebrate? You deserve it!

Share: You've learned so much about respecting your body and letting your self-confidence shine. Now you're ready to go out and inspire others. Before you do, though, let's take a moment to celebrate our wonderful, unique selves together. Give three cheers for every body!

Sample activities:

Let every body shine at a fun photo shoot. Have Ambassadors organize a troop photo shoot where the goal is to capture moments of strength, peace, joy, or anything else that reflects authenticity. Consider incorporating dance, yoga, or other on-the-move activities that will provide great photo ops. Have Ambassadors consider who will shoot the photos (Girl Scouts? troop leader? outside photographer?) and what props/background items will be needed, then make any necessary arrangements. Remind Ambassadors that if they aren't comfortable being photographed, they can help behind the scenes or just observe. After the shoot, have Ambassadors create a digital slide show or photo album that everyone can enjoy. Remind them that photos of others should never be shared on social media without permission.

Materials: *computers, smartphones, or tablets; photographic equipment; props and background items*

Celebrate yourself in art. Have Ambassadors create a piece of art—any kind—that celebrates themselves. It could be a painted self-portrait, collage, mosaic, piece of music, poem, story, or anything else they're inspired to make. If some Ambassadors prefer not to express themselves in this way, encourage them to create art that celebrates a friend or family member.

Materials: *supplies will vary, depending on the projects; consider asking Ambassadors to provide their own supplies*



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First published in 2025 by Girl Scouts of the United States of America,
420 Fifth Avenue, New York, NY 10018-2798
www.girlscouts.org

Item 64488

