

## Trending: Body Image

This standalone talk in our *Trending* series invites students to consider their body image. This is an important conversation to have in middle school as students' bodies are changing rapidly and the messages they're getting about their appearance are everywhere. Our goal is to encourage students to build a foundation for body image on the way God sees them—a foundation that will help them develop a healthier view of themselves both now and as they continue to grow.

### MEMORY VERSE

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Psalm 139:14, NIV

### Week One

Psalm 139:23; Psalm 139:24

Be kind to yourself.

# Middle School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your middle schooler starts their day, leave them a sticky note somewhere they'll see it that simply says: "You are enough just the way you are."



## Meal Time

At a meal this week, go around the table and ask each person to say something they like about the person to their right.



## Drive Time

While on the go this week, ask: "What has made you laugh lately?"



## Bed Time

Whether we realize it or not, our kids pick up on what we think about our bodies. Ask God to help you see yourself the way God sees you.



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