

OUR BODIES AND THE MEDIA

Observation Chart

Type of Media	How much time per week?	What are you doing with your body?	How does it make you feel about your body, and why?
<i>Example:</i> Television	About 6 hours	Sitting on the couch	It makes me feel tired because I'm just sitting around. I also feel like I wish I could be as strong as the superheroes in my favorite shows with big muscles.
Movies			
Toys with characters (ex. Superhero action figures, princess dolls)			
Video Games			
Music and Music videos			