

# TEACHING TOLERANCE

A PROJECT OF THE SOUTHERN POVERTY LAW CENTER  
TOLERANCE.ORG



EARLY GRADES ACTIVITY

PRE-K TO K 1 2 3 4 5 6 7 8 9 10 11 12

## 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?
<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 had muscles you could see, like the characters in my favorite shows.
Movies			
Advertisements (ex. commercials on TV or signs in the neighborhood)			
Video Games			
Music and Music videos			