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#ASHLEY GRAHAM: LOVE AND TRUST YOURSELF.

Watch the video and answer the questions.

Activity 1: List the **difficulties** that Ashley faces as a “big-size” model.

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Activity 2: Write the **adjectives** that Ashley uses to boost her self-esteem.

I am b _ _ _ _

I am b _ _ _ _ _ _

I am b _ _ _ _ _ _

Activity 3: Discuss Ashley’s advice.

"THERE IS NO ONE PERFECT BODY. WE NEED TO START LOOKING BEYOND THE EXTERIOR OF A WOMAN... BE YOU, BE REAL, BE AUTHENTIC."
ASHLEY GRAHAM