

Thin Commandments Tribal Graffiti



Directions: Print out the following sheets, one commandment per page and spread them around the room. Have students get into groups. Set a timer for 60-90 seconds for each round. Each group will go to a commandment and write a rebuttal statement for that commandment. When the time expires, they rotate to the next commandment. Repeat until all of the groups have written a rebuttal statement for each of the commandments. Read them aloud and choose a "best rebuttal" statement for each one.

1. If you aren't thin you aren't attractive.

2. Being thin is more important than being healthy.

3. You must buy clothes, cut your hair, take laxatives, starve yourself, do anything to make yourself look thinner.

4. Thou shall not eat without feeling guilty.

5. Thou shall not eat fattening food without punishing oneself afterwards.

6. Thou shall count calories and restrict intake accordingly.

7. What the scale says is the most important thing.

8. Losing weight is good/gaining weight is bad.

9. You can never be too thin.

10. Being thin and not eating are signs of true will power and success.