

Name _____

Shine Bright: Embrace Your Beautiful Self

In a world of glossy magazines and Instagram screens,
Where beauty's defined by Photoshop dreams,
I stand before you, bold and true,
To celebrate body positivity, it's overdue.
They say, "You must be skinny, tall, and fair,
With perfect skin and silky hair."
But I'm here to declare, with a joyful shout,
That beauty's not something we should doubt.
I'm not a mannequin, I'm flesh and bone,
My worth's not measured by what's shown.
My heart beats strong, my spirit's free,
I won't conform, I'll just be me.
Every body is unique, like a work of art,
With curves, and lines, and every part.
We're different colors, shapes, and sizes,
And that's what makes us beautiful prizes.
So let's challenge these beauty standards today,
In our own unique and fabulous way.
Let's celebrate ourselves, loud and clear,
And let our self-love shine, no need to fear.

