




MY BODY MAP

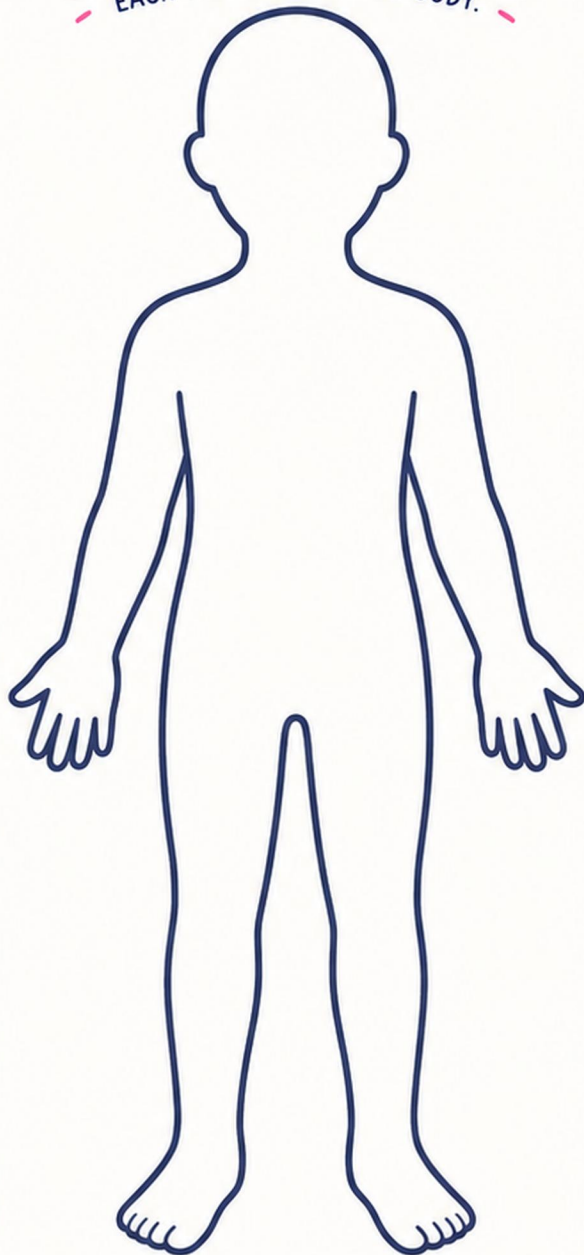
Our bodies give us clues about how we feel.
Where do you feel your emotions? Let's map it out!

EMOTIONS KEY

Choose a color for each emotion and use it on your body map.

-  Happy _____
-  Sad _____
-  Angry _____
-  Anxious _____
-  Scared _____
-  Calm _____
-  Loved _____
-  Other: _____

COLOR WHERE YOU FEEL
EACH EMOTION IN YOUR BODY.



WHAT HELPS ME FEEL BETTER?

List or draw things that help each emotion feel better in your body.

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____



WHAT DOES IT FEEL LIKE?

Choose or draw items that describe how each emotion feels in your body.

- | | |
|---|---|
| <input type="radio"/>  Tight | <input type="radio"/> Light  |
| <input type="radio"/>  Heavy | <input type="radio"/> Warm  |
| <input type="radio"/>  Hot | <input type="radio"/> Butterflies  |
| <input type="radio"/>  Shaky | <input type="radio"/> Tingly  |
| <input type="radio"/>  Numb | <input type="radio"/> Other: _____ |

DRAW YOUR OWN!

NOTES & REFLECTION

What did you notice while mapping your body?

Are there any areas you hold tension often?

What emotions do you feel most often in your body?

What can you do to take care of those areas?

YOUR BODY IS ALWAYS TALKING TO YOU.
Listening to it is a way of taking care of YOU.

Be kind to your body. It carries you through so much.
You are doing the best you can.