



Body Map

Resources you will need –

- Paper
- Colouring pens
- Pictures
- Glitter/Stickers

Why use

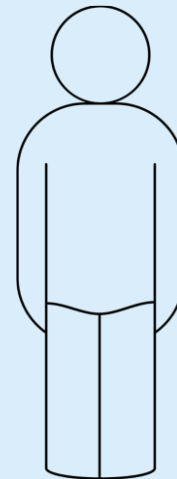
Body mapping is a way to allow individuals to explore their emotions and make connections between the way they feel and why.

This helps them to recognise emotions and in turn, they can work on regulating them.

This intervention also helps individuals to talk about their emotions and note down what they need for support when they are struggling with difficult feelings.

How to

Allow the individual to either draw an outline of a body or pick a picture which they most identify with –



Then, get the individual to label on the body where they would feel different emotions i.e anxiety = sickness in tummy and use colours that they identify with the emotion.