



Body Sensation Mapping

Resources you will need

You can either use your own body map images or choose from the attachments below.

A quiet space to be able to think about what you notice about your body and to develop awareness of your feelings.

Why use ...

Noticing how our body feels is the first step in regulating our emotions.

We all feel things differently in our body and these are indicators of our emotions.

When we stop and notice how we feel we can then choose how to react to what our body is telling us.

How to...

Sit still and comfortably.

Take a deep breath in and out.

Use the body map to draw, colour or write what you notice about your body.

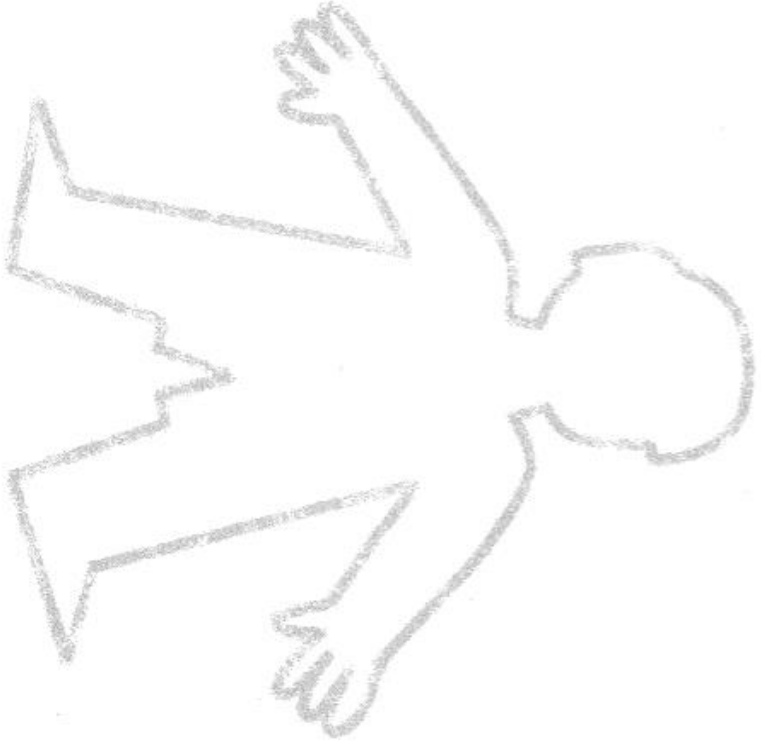
Take your time.
If it helps start at your feet, notice how they feel, work up your body, how do your legs feel? Is there a feeling in your stomach? How do your arms feel? Keep working your way up to the top of your head.

You can either draw a body map with the child, maybe by drawing round them on some large poster paper or, you could use one of the templates provided.



For more information about how we work please contact:
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Where in your body do you feel
your emotions?

Happiness

Calm

Worry

Fear

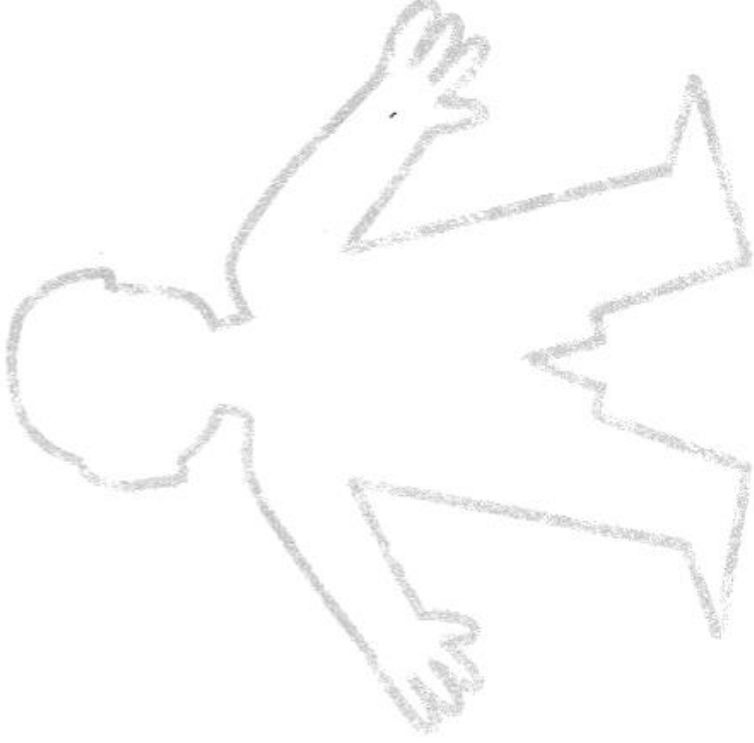
Sadness

Anger

Overwhelmed

My Emotions in Color

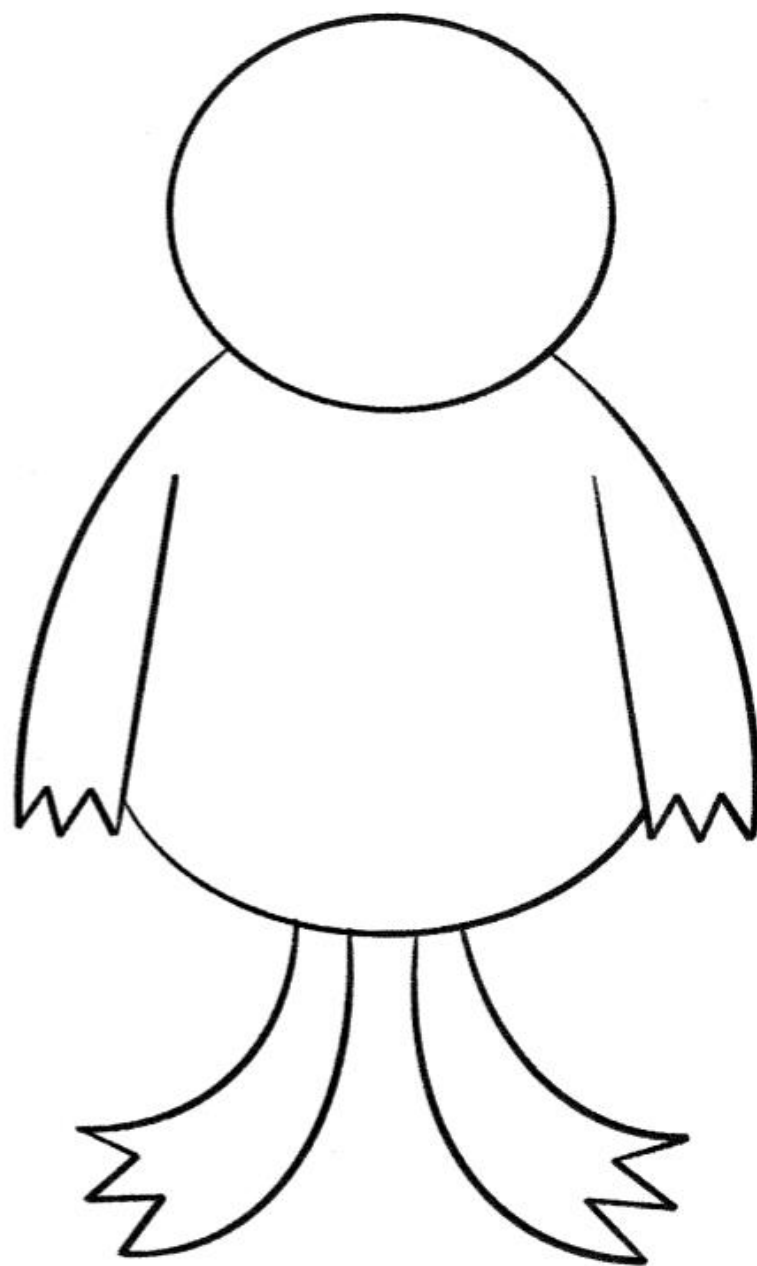
Where in your body do you feel
your emotions?



Feelings Monster



Feelings Monster



Feelings Monster



Feelings Monster

