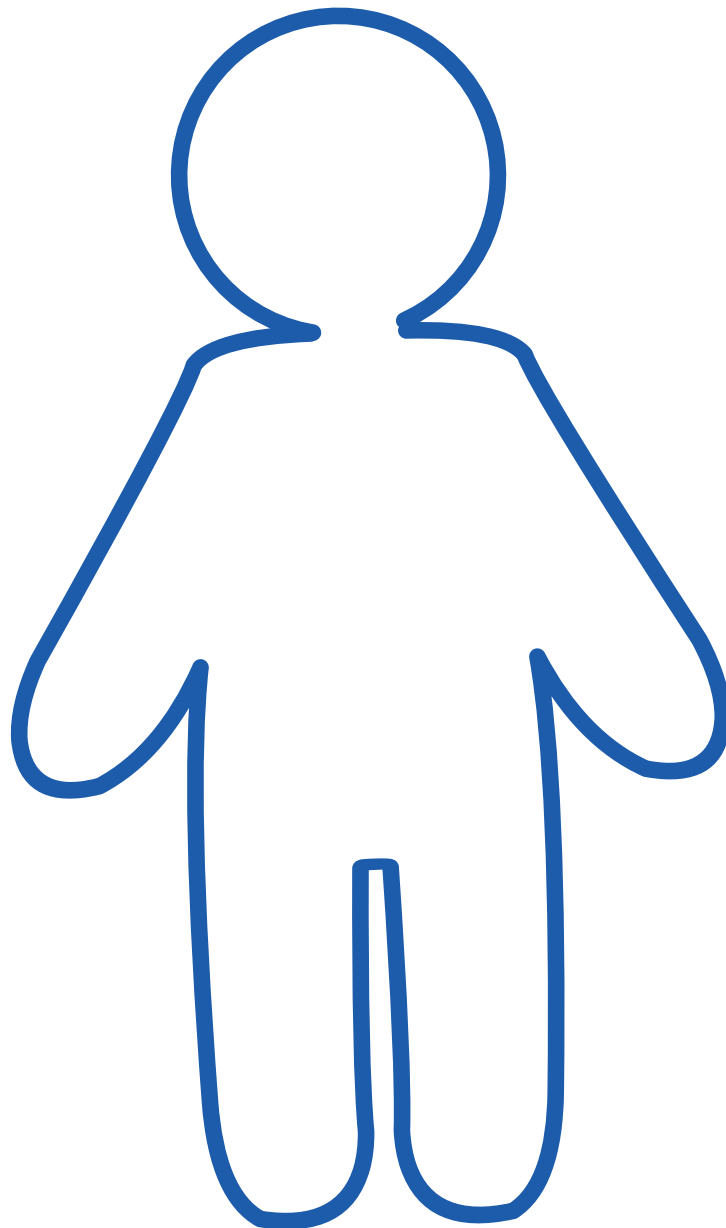


MY BODY CLUES

ACTIVITY SHEET

WHERE does your body feel something?

Color or draw on the body where you feel it.



1

What does it FEEL like?

Circle one or more

- Hurts
- Tight
- Tired
- Fluttery
- Hot
- Other: _____

2

WHEN does this happen?





Circle one or more

- Before school
- At school
- At home
- Bedtime
- Other: _____

3

What might I be FEELING?

Circle one or more

- Sad 
- Mad 
- Overwhelmed 
- Worried 
- Scared 
- Other: _____

4

**What HELPS my body
feel better?**

Circle one or more

- Taking deep breaths
- Hugging a stuffed animal
- Quiet time
- Movement
- Talking to a grown-up
- Other: _____