

WHERE DO I FEEL IT?

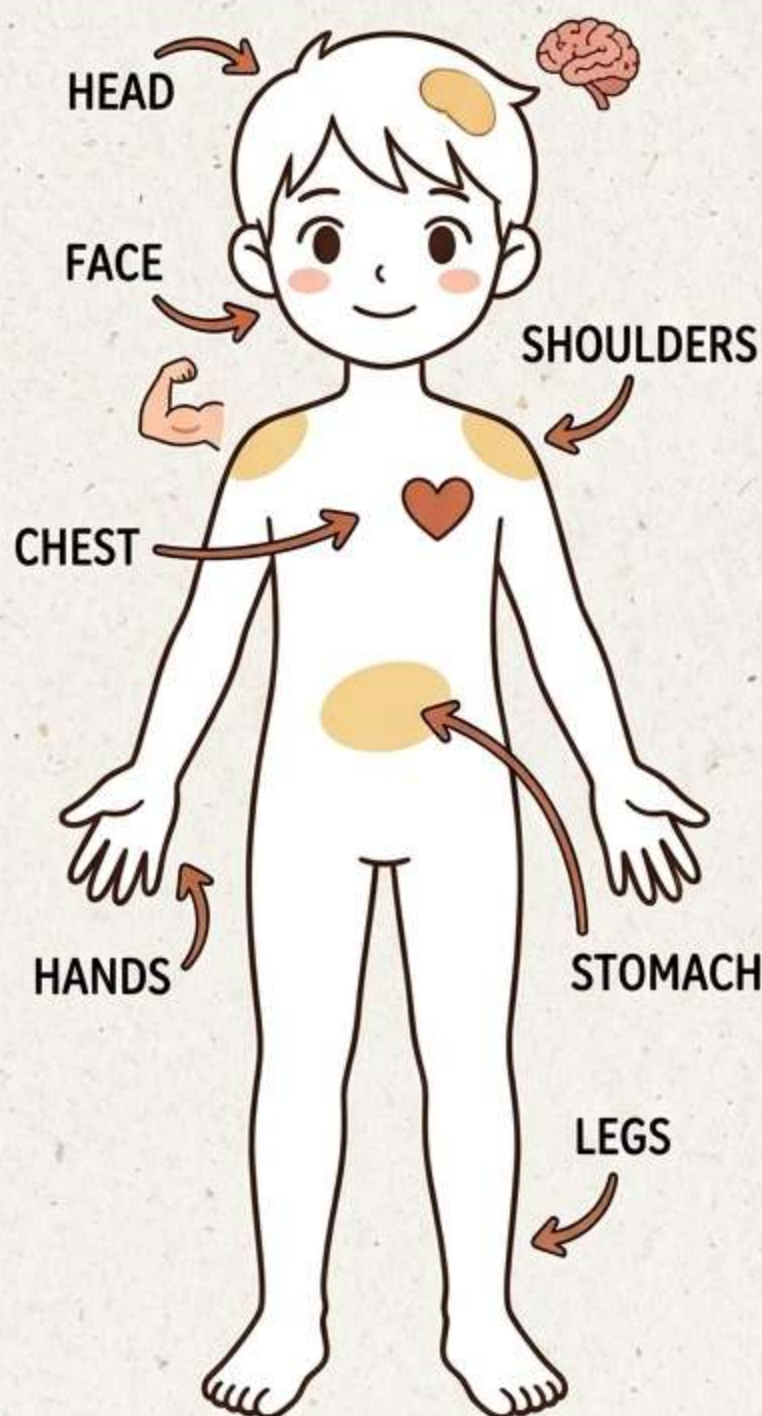
Body Emotions Worksheet

A Kids' Guide to Tuning into Your Body!

Find the Feeling!

Where do you notice it in your body?
Color or mark the spots!

Examples: Hot cheeks, tight tummy, fast heartbeat.



My Emotion:



What Happened:



I Notice It In My:



My Body Feels:

Describe how it *feels*. (E.g., shaky, warm, tingly, racing).
Don't just guess the emotion!

