

BODY-TO-EMOTION ID WORKSHEET

Best for: People who notice
physical sensations first

Best for: People who feel physical sensations first

Difficulty: Moderate

Age group: Kids, Teens, and Adults

 WHAT SENSATION DO I NOTICE?	 EMOTION WORDS THAT COULD FIT?
 Tight chest 	→ uneasy, anxious
 Clenched jaw	→ angry, frustrated
 Butterflies in stomach	→ excited, nervous

The worksheet is an identification aid, not a diagnostic tool.

 Sensation

Possible Emotion Labels

 Location

 Emotion

