

WHERE DO I FEEL IT IN MY BODY?

A Body Awareness Worksheet for Preschoolers



Does your TUMMY feel funny?

☐ Yes ☐ No



Are your HANDS still or wiggly?



☐ Still ☐ Wiggly



Does your FACE feel hot?

☐ Yes ☐ No

Does your HANDS feel funny it in my body?

☐ Yes ☐ No

Do you want to HIDE, MOVE, CRY, or STAY CLOSE to someone?



Find teen/adult version in main guide