










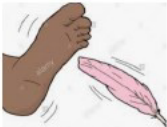






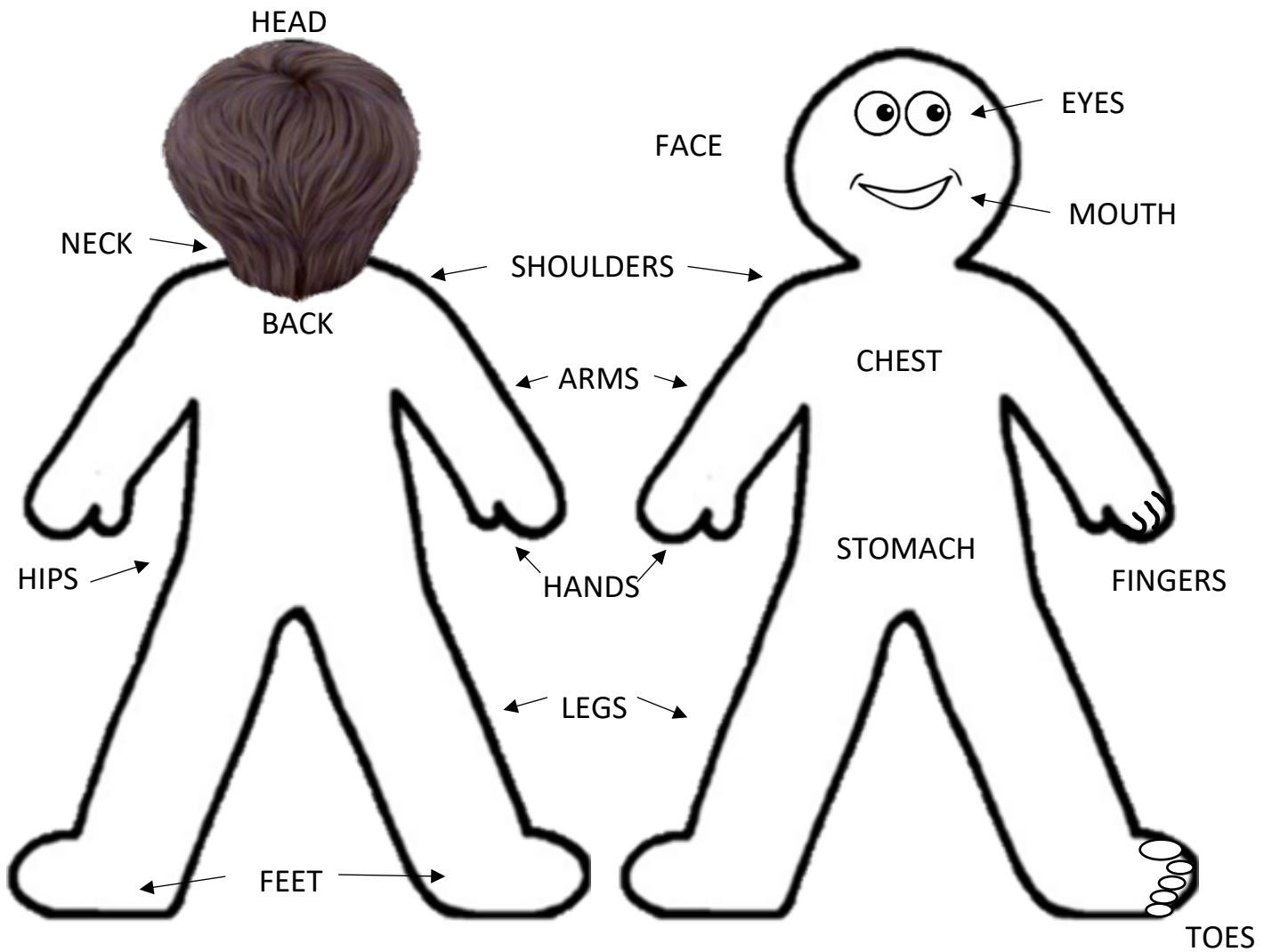


BODY BINGO				
HEAD	NECK	EYES	FACE	MOUTH
JAW	SHOULDERS	CHEST	ARMS	HANDS
FINGERS	STOMACH	BACK	HIPS	LEGS
KNEES	CALVES	FEET	TOES	OTHER

What sensations am I having?










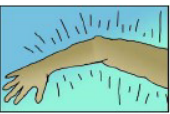







Where am I having them?

Heavy Hard to move 	Light or Fluffy 	Shaky 
Hot or Warm 	Cold 	Sweaty 
Tense or Tight 	Loose or Floppy 	Itchy 
Tingly 	Prickly 	Tickly 
Achy or Sore 	Fluttery 	Numb Can't feel 
Full or Overflowing 	Dizzy or Spinning 	Squirmy or Fidgety 



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