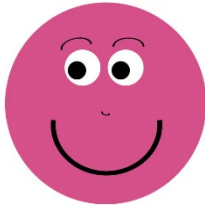


How Do I Know How I Feel?

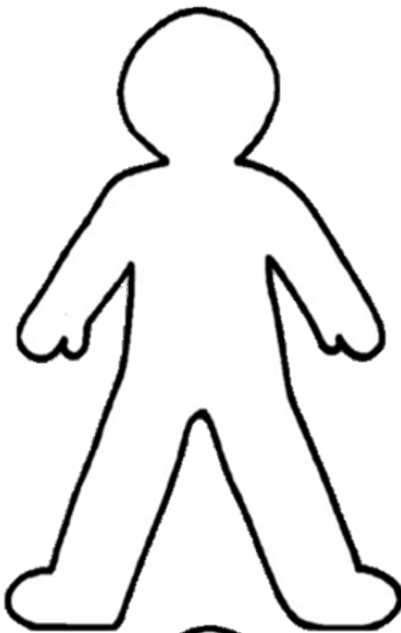
What happens in my body when I feel?

Happy, Sad, Scared, Angry

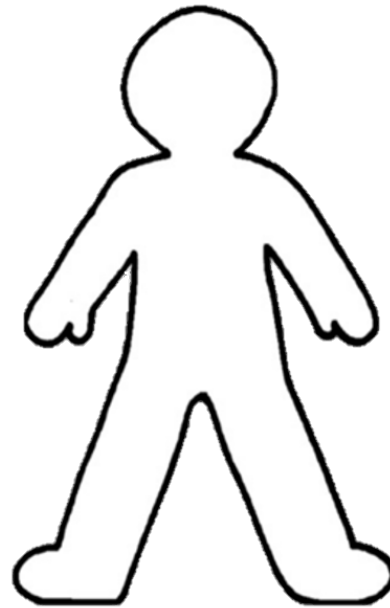


Use words from the Interoception Card Game or "Noticing My Body" worksheet and identify different places in your body that you feel these sensations when you are having the feeling listed. If you want, color or decorate the bodies with colors or images that fit the sensations.

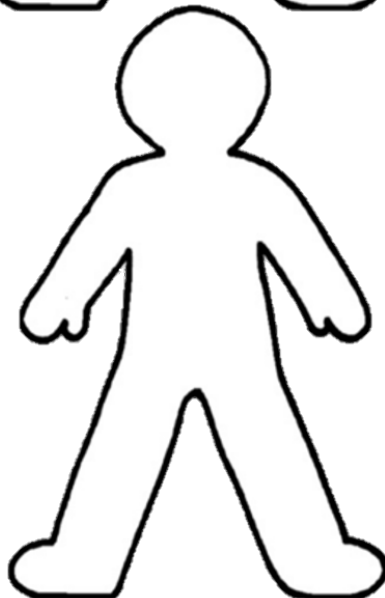
HAPPY



SAD



SCARED



ANGRY

