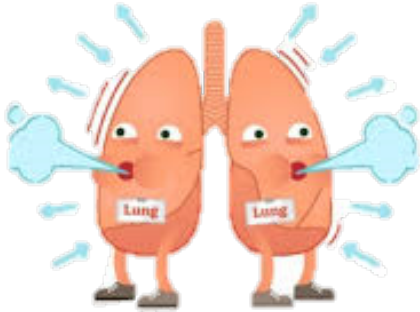


## Listening to my Body:



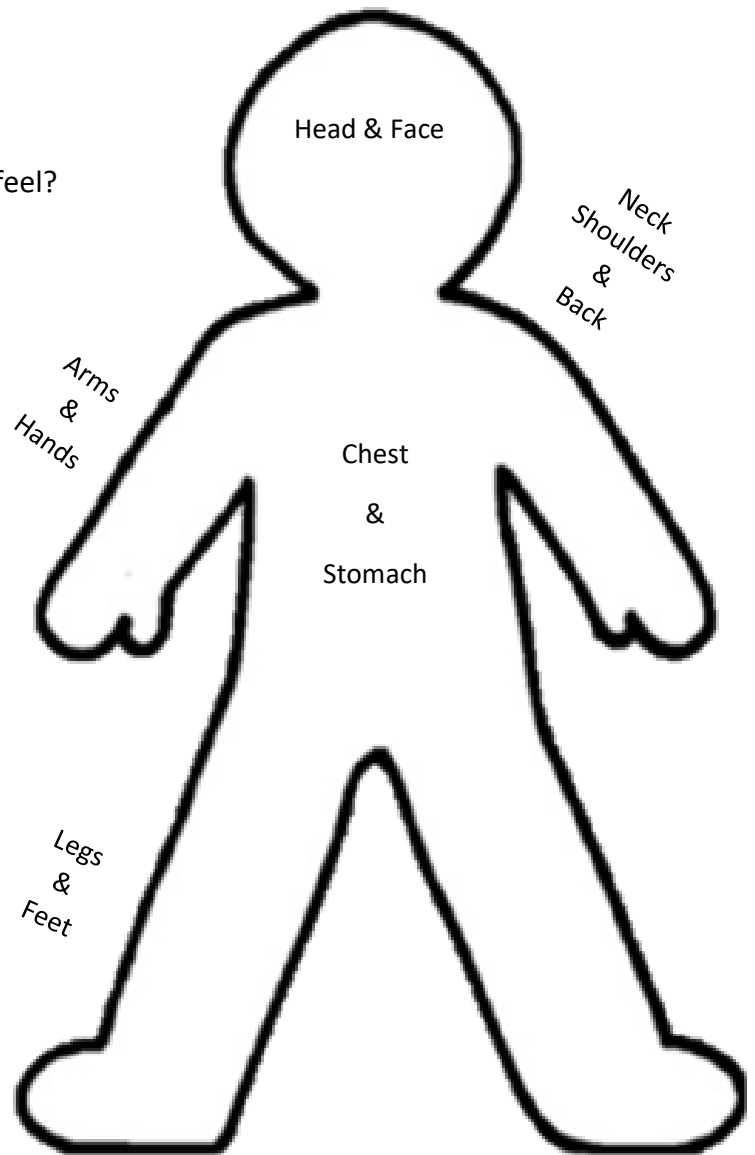
Is my heart beating fast or slow?



Is my Breathing in my chest or in my belly, is it fast or slow?

How do my muscles and different parts of my body feel?

- tight
- tense
- tingly
- loose
- stretched
- numb
- heavy
- tired
- sore
- nauseous
- frozen or stuck
- fuzzy, foggy or dizzy
- fidgety
- What else?



My body is talking to me, what is it saying?

Draw a picture or write a story about what your body is saying to you.