

Understanding what my body is saying

Group 1



<https://www.youtube.com/watch?v=-sVQrnylk> (start at 1:00)

How do you feel when you look at these pictures?

What do you notice in your body?

Group 2



<https://www.youtube.com/watch?v=dfRnlvtdHjE>

<https://www.youtube.com/watch?v=z-SIA2NI9kc&list=RD60LLKmpgzRM&index=2>

How do you feel when you look at these pictures?

What do you notice in your body?

Group 3



<https://www.youtube.com/watch?v=1qKS51qh4OY> (start at 1:00)

How do you feel when you look at these pictures?

What do you notice in your body?

Group 4



<https://www.youtube.com/watch?v=5D56wAdNIZY>

How do you feel when you look at these pictures?

What do you notice in your body?