

Listening to your body

It is important that we listen to our body and the signals that it sends. Our body is great and letting us know what we need and when we need it. Listening to your body helps you manage your emotions, connect with others and meet your daily needs. Have a look at the statements below. For each statement name the emotion that the body is trying to signal.



My heart is beating fast, my breathing is really quick, and I have butterflies in my tummy. I think that I am



My stomach is noisy, and it feels empty. I think that I am



I have increased energy, my body feels hot, my heart is racing, and my fists are clenched. I think that I am



There is a lump in my throat, I can't eat, my eyes are filling up I think that I am

Now create a statement of your own

