

Where I feel

It is important that we learn to sense where different emotions are felt in our body. The physical sensations we feel can be a signal that tell us how we are feeling and let us know how best to respond. Sometimes the signals are really quiet, and we need to listen very carefully so we can get used to the way our body communicates feelings to us. Pick an emotion (e.g. happy, sad, angry, confused, mad) now think where you feel that emotion in your body and map it on the outline below. As you get better at this pick different emotions that may be quieter for you to sense

Hint! meditation can help you practice this

