

Summary of the Lesson

Body Sensations

Sensations in our bodies are clues that let us know we are starting to feel an emotion.

We can sit and think about how we might be feeling.

We can say “I am feeling _____”.

Once we know how we are feeling, we can use a coping strategy to help us feel calm.

The Challenge: Complete our worksheet to discover the sensations in your body.

Resources for Parents

Why Should you Help Kids Recognize Sensations?

This blog post explains the importance of helping kids recognize the sensations in their bodies. It also encourages parents to be aware of the sensations in their bodies.

<https://lakesidelink.com/blog/diane-wagenhals/why-should-you-help-kids-recognize-sensations/>

Empowering Education

A lesson for Kindergarten- Grade 2 that can help children understand the emotions in their body.

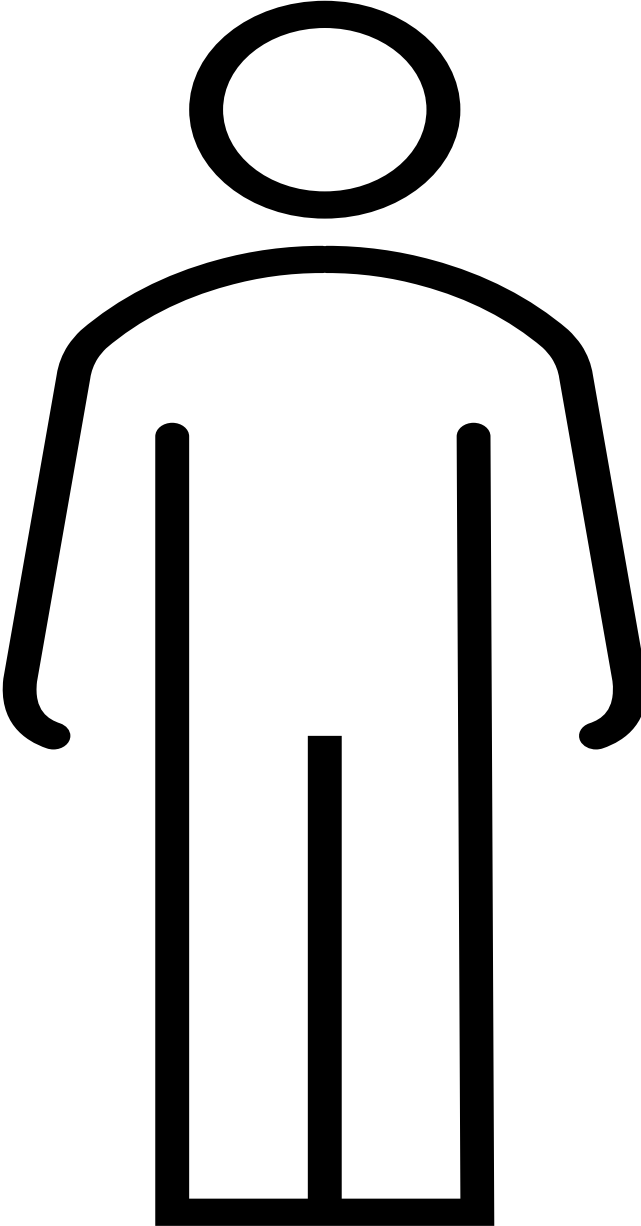
https://empoweringeducation.org/wp-content/uploads/2016/08/10-EE_Body-Maps_Pt1_k-2.pdf

Somatic Activities for Kids: Using Performing Arts to Explore Emotions in the Body

This website offers some activities using performing arts and games to help children better understand the emotions in their body.

<https://www.mindfulschools.org/inspiration/somatic-activities-for-kids/>

Pick an emotion that you feel a lot (angry, sad, worried, etc). Use markers or stickers to show the different sensations you feel in your body when you feel that way. Below is a list that might be helpful.



Ask yourself:

I am feeling _____ . When I am feeling _____ I can _____ to help me feel calm again.

Signs of Anger Include:

Clenching your jaws or grinding your teeth
Headache
Stomach-ache
Increased and rapid heart rate
Sweating, especially your palms
Feeling hot in the neck/face
Shaking or trembling
Dizziness

Signs of Worry Include:

Increased heart rate
Sweating
Thoughts of worry
Shaking
Stomach-ache
Headache

Signs of Sadness Include:

No energy
Feeling tired all the time
Slumped shoulders
Frown
Looking down
Don't want to do things you used to like

Signs of Happiness Include:

A Smile
You do things you like to do
Give eye contact
Head and shoulders are comfortable
Your stomach feels good
You are thankful for things in your life