



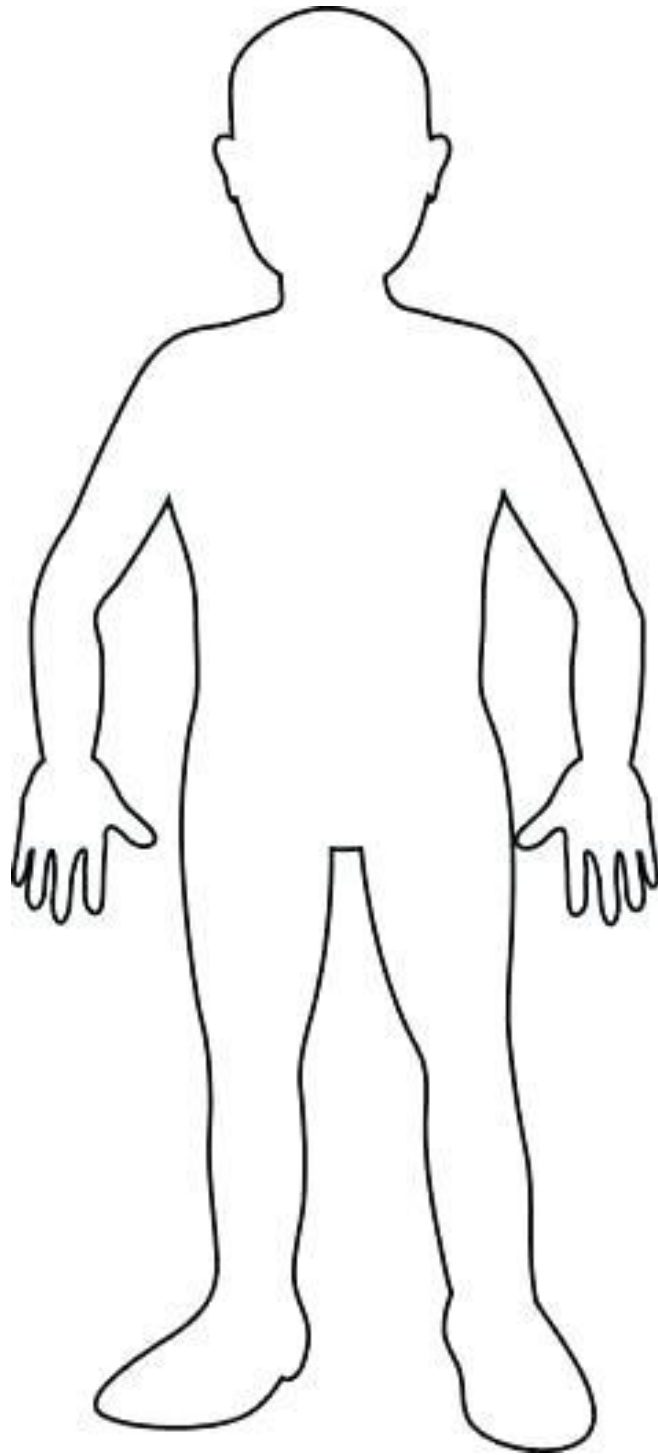
BODY SENSATION MAPPING

Why? Noticing how our body feels is the first step in regulating our emotions. We all feel things differently in our body and these are indicators of our emotions. When we stop and notice how we feel we can then choose how to react to what our body is telling us.

How to:

1. Get comfortable.
2. Take a deep breath.
3. Use the body map to draw, colour, or write what you notice about your body.
4. Take your time, if it helps work your way up your body:
 - Start at your feet, notice how they feel.
 - How do your legs feel?
 - Is there a feeling in your stomach?
 - How do your arms feel? Keep working your way up to the top of your head.
5. You could do this for how you are feeling in the moment or think about a time when you had a big feeling.





When I notice.....(body sensation)

I might be feeling.....(emotion)

I could try.....(strategy/activity)



*For more information about how we work please contact:
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