




I Am a Body Detective




My body is telling me a story.
I am listening to the clues. 

When feelings feel big...
I can pause and notice what my body is telling me.



The Temperature

What do I notice?



-  Do my cheeks feel warm... or cool?
-  Do my hands feel cold... or cozy?
-  Does my neck feel tight... or loose?

➔ Temperature gives me my first clue



The Speed

How fast or slow do things feel?



-  Is my heart beating fast like a drum... or slow like a clock?
-  Is my breathing quick... or steady?

➔ Speed shows me how activated my body feels



The Weight

What does the feeling feel like?

-  Does my tummy feel fluttery like a butterfly... or heavy like a stone?
-  Does the feeling feel sharp and prickly... or soft and buzzy?

➔ Weight helps me understand the feeling



The Check-In

I found a clue!
Now I can pause...
take a slow breath...
and ask:

➔ "What does my body need right now?"

