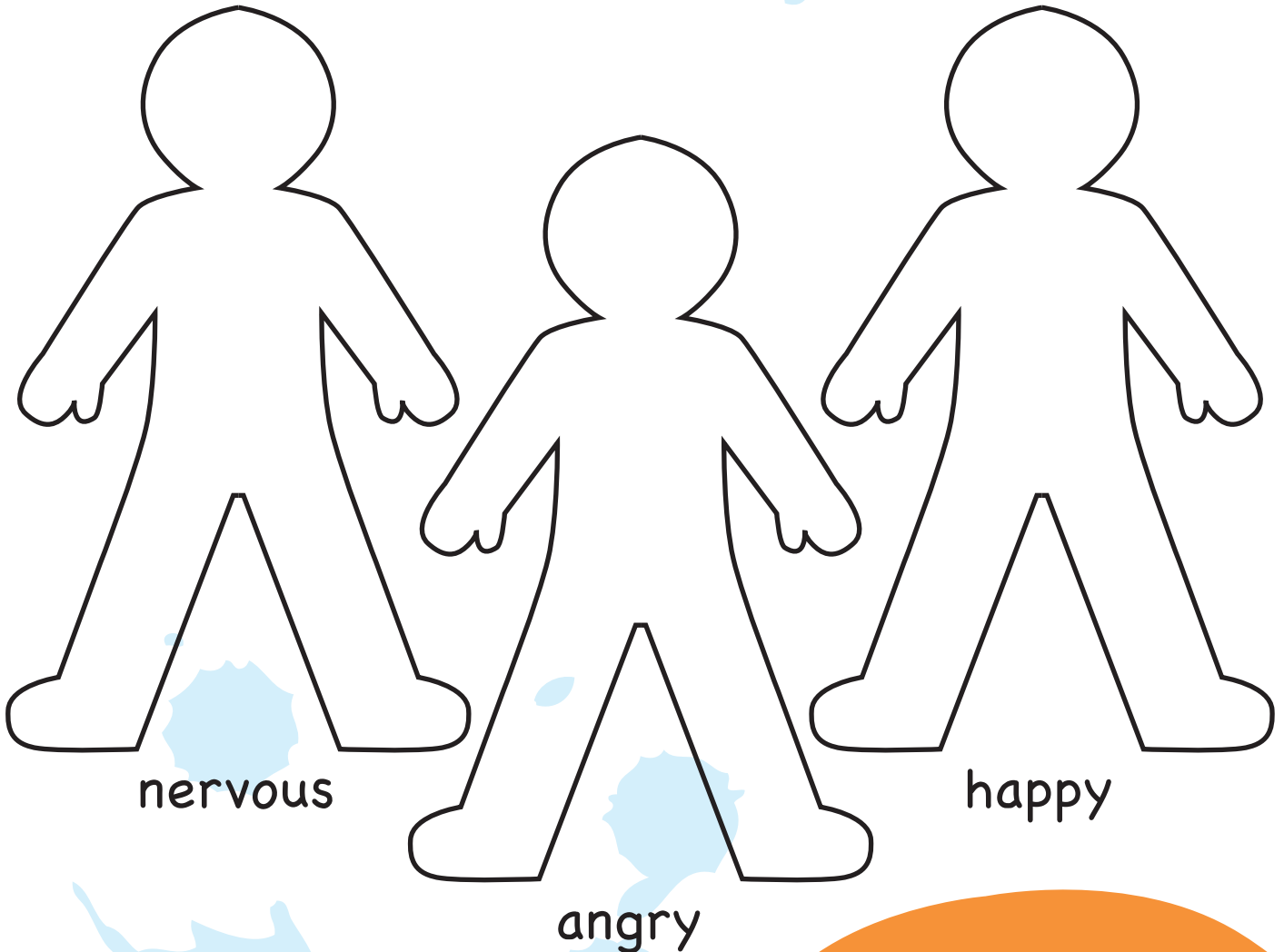


Where we feel our feelings

To help your child understand what happens in their body when they have different feelings

You will need:   

Cut out and stick the reactions on the next page onto the outlines. Or draw and write your own ideas.



Let's talk...

Share with your child when you last felt nervous and ask them when they last did. Did you both feel the same things in your body? How did you make yourself feel better?

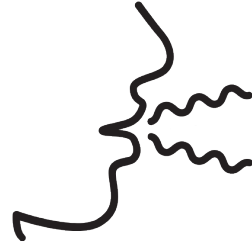


Take turns acting out different physical reactions e.g. knees trembling, tummy aching. The other person can guess what the feeling is.

Reactions in our body to different feelings



My tummy hurts



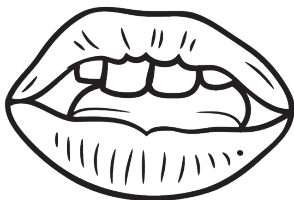
My voice sounds funny



I feel hot



My hands & legs are shaking



My mouth feels dry



I need the toilet



My hands are trembling



I am itching all over