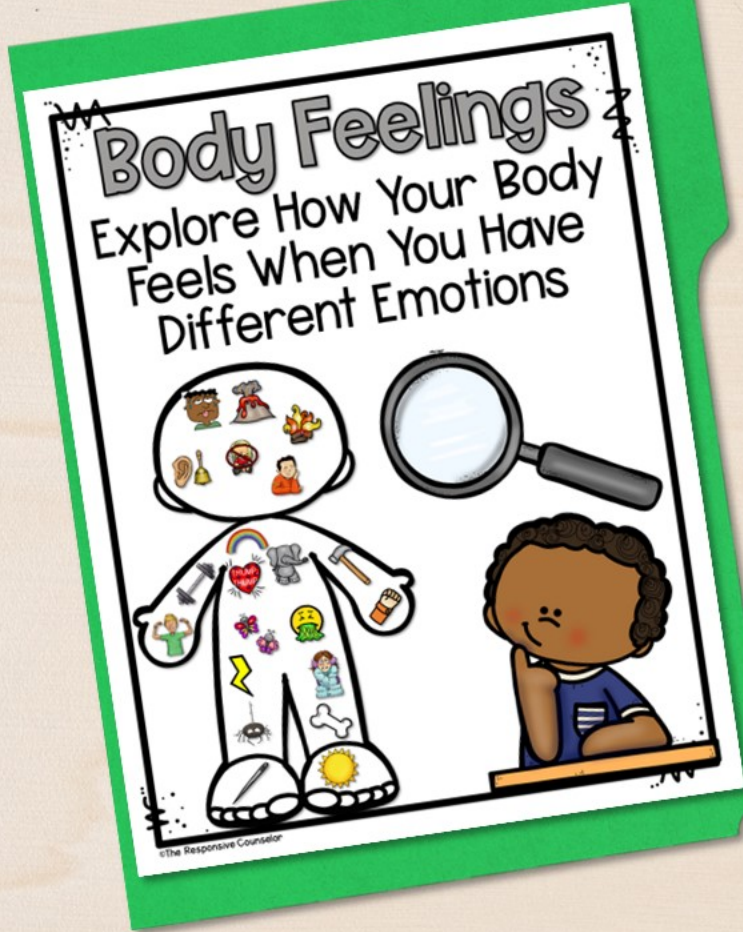


BODY FEELINGS

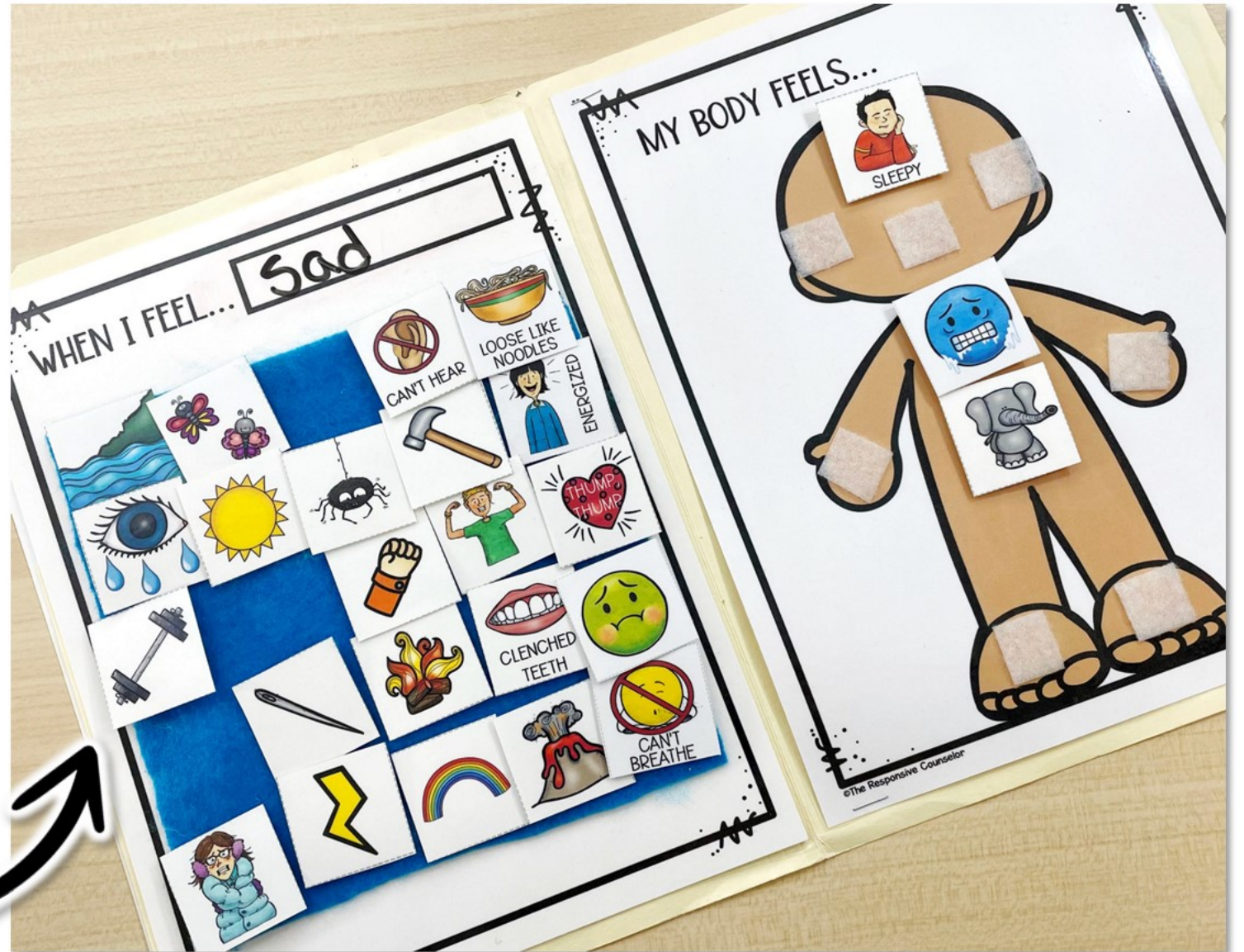
interoception activities

- Hands-on file folder activity
- Cut-and-paste worksheet
- Coloring worksheets

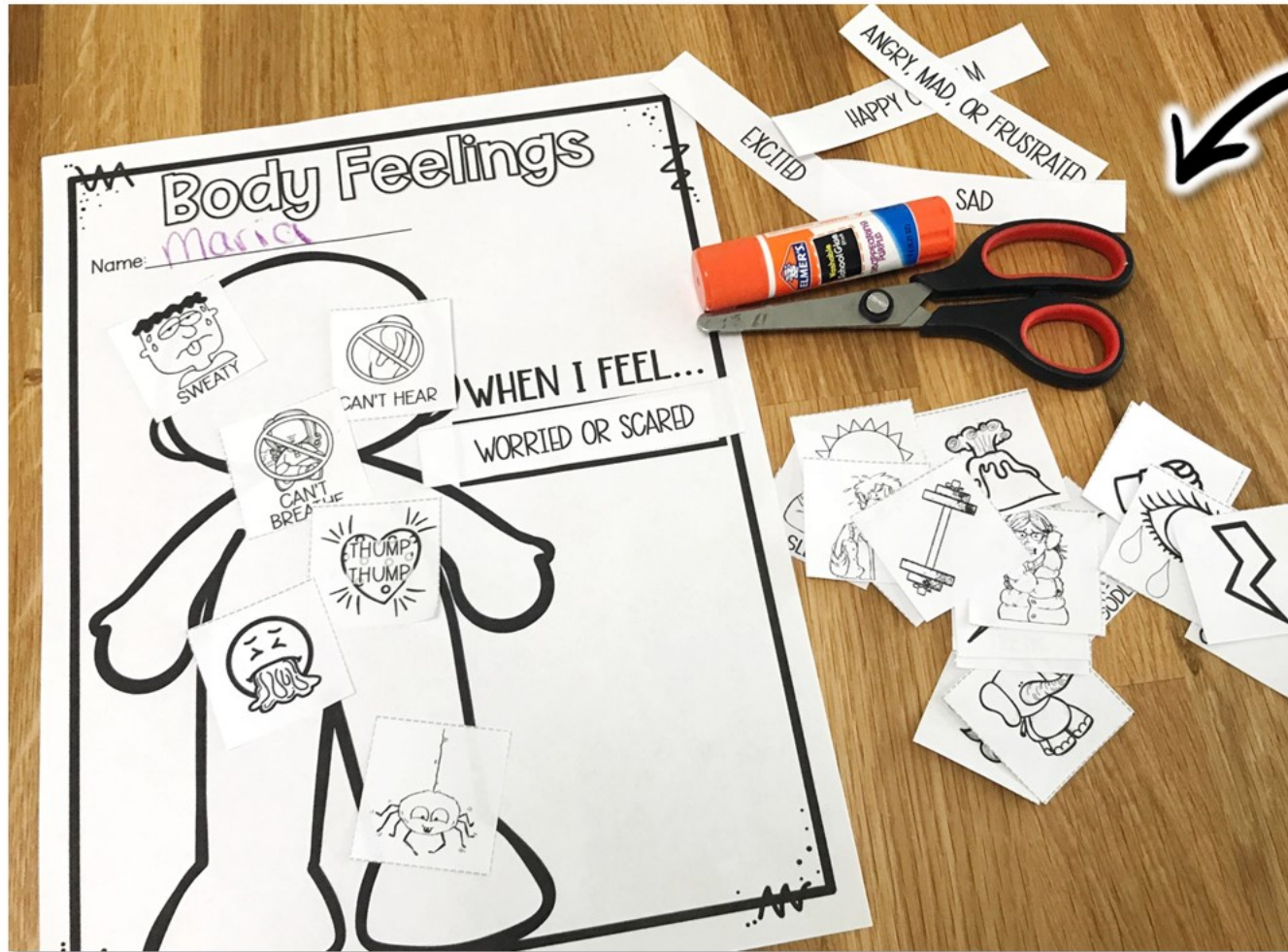


hands-on file activity

Students move
different graphics
onto the body outline
to show how they're
feeling in the moment
or how their body
feels when they're
experiencing
different emotions.



cut-and-paste worksheet



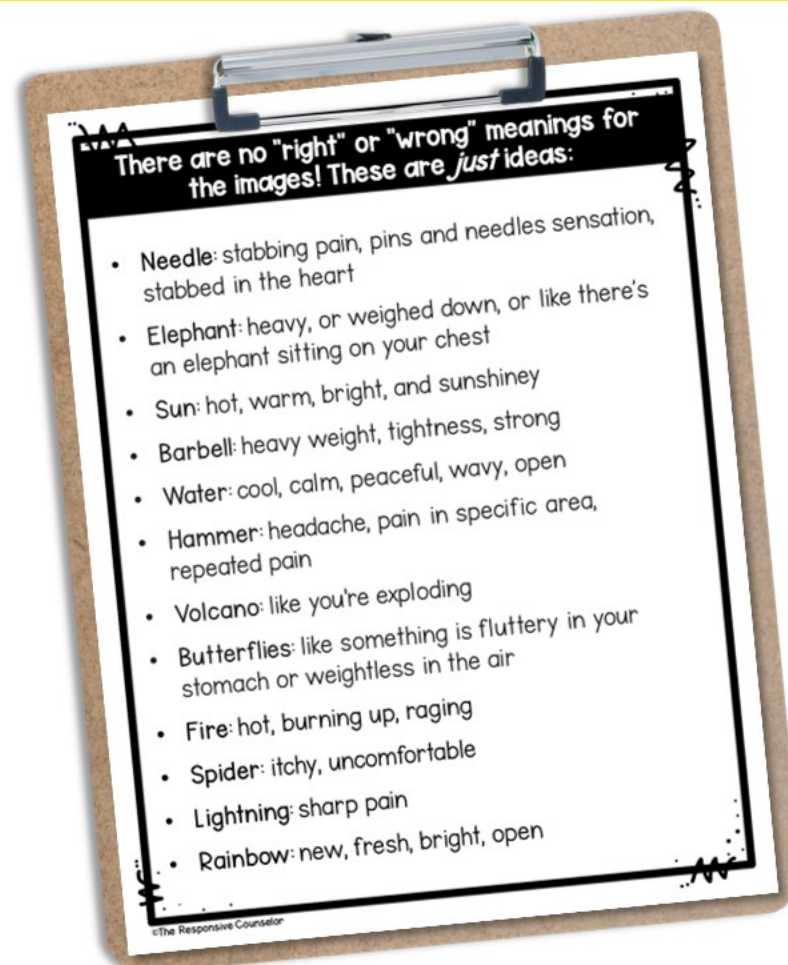
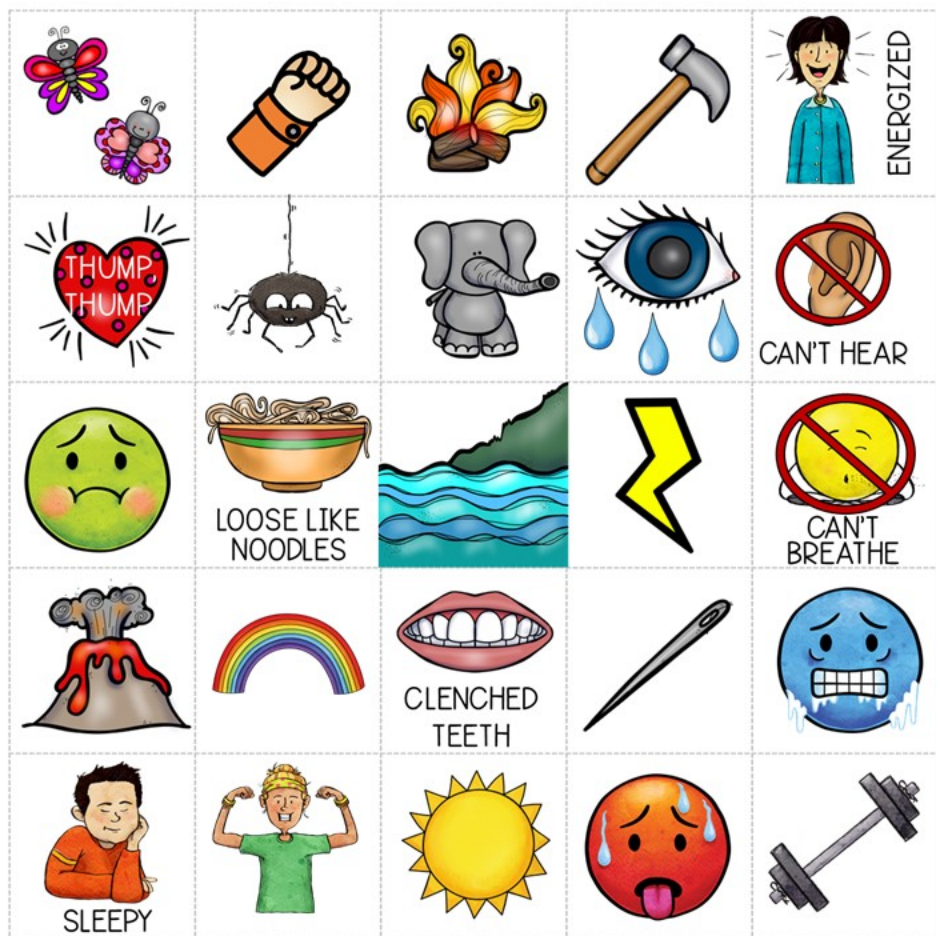
Students cut and paste the graphics to show their physical experiences during different emotions.

coloring worksheets

Students color their somatic sensations during either one target emotion or several emotions.



graphics included



Graphics can be interpreted however the child wants – no right or wrong answers – but suggested meanings are included.

educators are saying...



"My students really needed this. Feelings are so hard to explain and then body sensations are equally as hard. This made it SO simple and more concrete for my kiddos. Thanks for your time when making this."

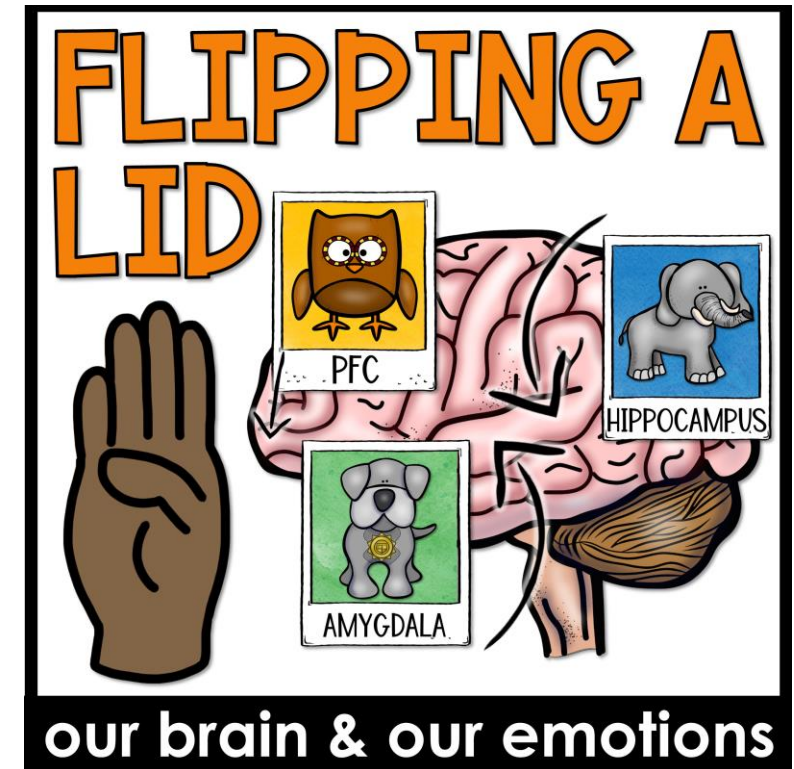
-Carrie T.

"This could be my favourite resource. It has helped on so many occasions and I travel with it all over the school working with a variety of children. Highly recommended."

-Vanessa T.



related resources



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



the **RESPONSIVE**
counselor

Let's Connect:

