

## Title: WHERE DO YOU FEEL?

### Goal:

To relate emotions to body parts, increase awareness of how we feel emotions.



### Intro:

Learn more about our emotions and how we feel them in our bodies

### Resources:

Markers/Colored pencils/Pens  
Roll of paper  
Handout

### Instructions:

Get a partner or adult to help you. Lay down on the large blank paper, and the other person will carefully draw around you to make an outline drawing of you.

Get an adult to help you make a "Color Key" to show which colors go with each feeling and tape it onto your outline.

Where do you feel each feeling in your body? Draw the feeling colors (from your Color Key) onto your outline. As you work, talk about some ways we feel feelings in our bodies, for example, what feelings go with...

Tears in your eyes  
Sweaty hands  
Butterflies in your tummy  
Prickling in your neck  
Heart beating fast  
Whooshing in ears

Knots or pain in your tummy  
Heavy heart  
Tired eyes  
Bouncing in your legs

### Discussion:

Which parts of our bodies tell us about our feelings?

How does it feel to be happy... mad... sad... afraid?

Often we don't notice feelings until they get very big. What would happen if we could notice the feelings in our bodies when they were small feelings?



# POP-UP FESTIVAL