

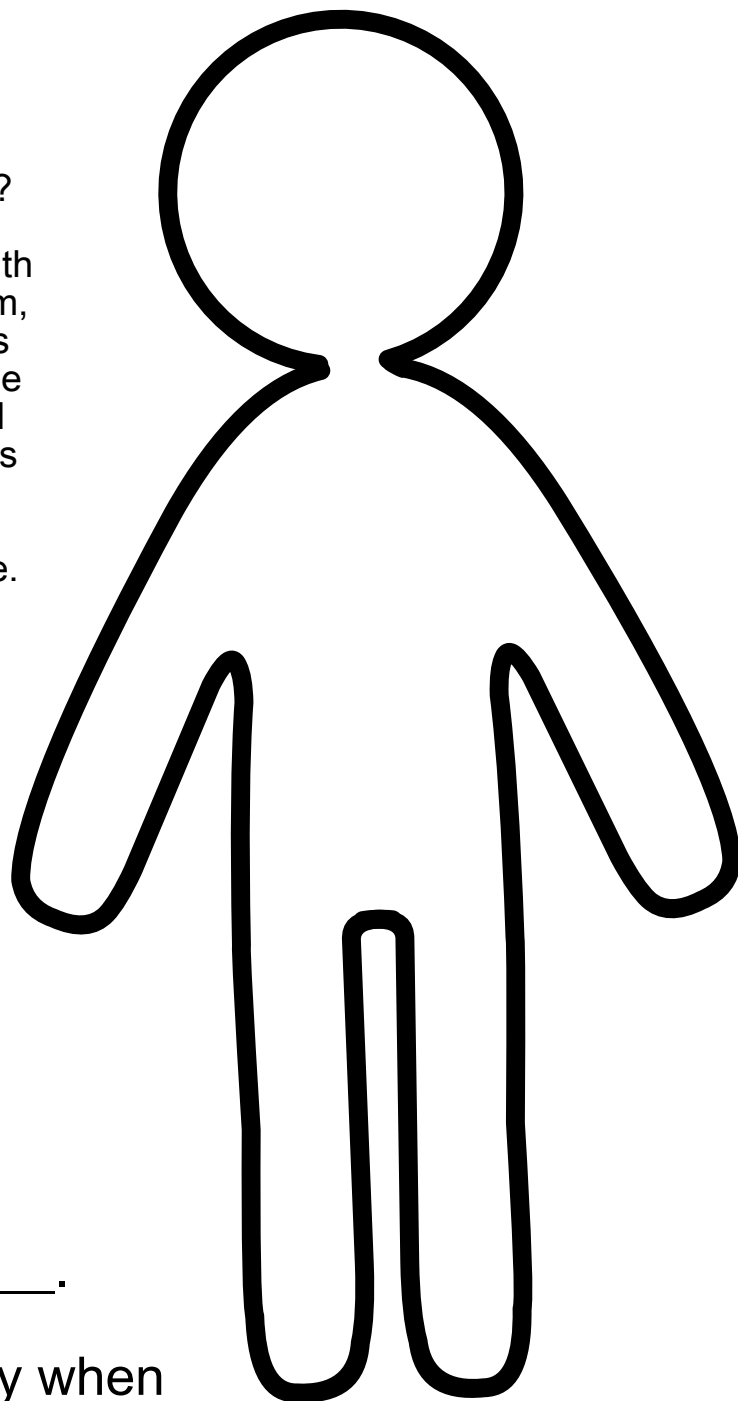
Name: _____

Body Scan

Think back to the body scan. What sensations did you notice in your body?

Use colors or words to show what you noticed. You can color different areas with different colors (for example: blue = calm, red = tense), write words or short notes inside parts of the body (like “tight” in the shoulders or “relaxed” in the legs), and add symbols like hearts, spirals, or stars to show what stood out to you.

Then, finish the statements on the page.



Right now, I feel

_____.

I notice this feeling in my body when

_____.

One thing I can do when I feel this way is _____

_____.