Where Do I Feel It?

Our feelings can show up in different places in our body.
There is no right or wrong way!

What This Feeling Is Like

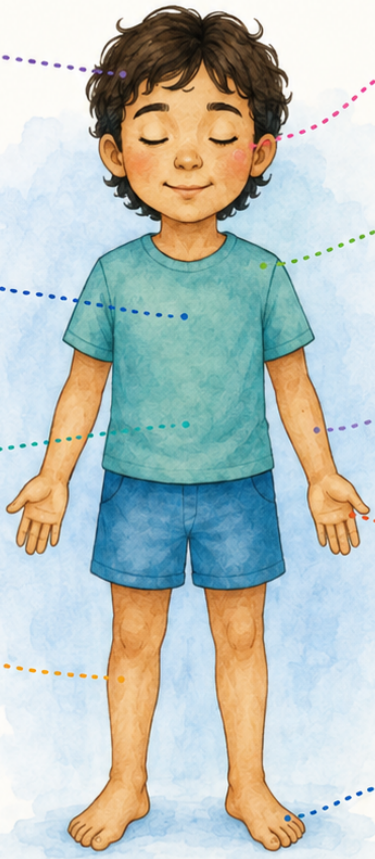
Feelings can live in our bodies and minds. They help us know what we need.

What My Body Might Feel Like

Circle or colour where you feel this in your body.

What Might Help

Some things can help us feel better. Try what works for you!



Head
I might feel pressure, spinning, tight, or lots of thoughts.

Face
I might feel hot, flushed, frowny, or teary.

Chest
I might feel tight, heavy, fluttery, or squeezed.

Shoulders
I might feel tight, heavy, or like I'm carrying a lot.

Stomach
I might feel butterflies, knots, sick, or a pit.

Arms
I might feel tense, shaky, or like I want to push something away.

Legs
I might feel shaky, weak, wobbly, or like I need to run away.

Hands
I might feel sweaty, clenched, tingly, or like I need to hide.

Feet
I might feel restless, like I need to move, or frozen.

What My Body Might Be Telling Me

Different feelings can show up in different parts of our body.

Body Area	It Might Feel Like	This Feeling Might Be
 Head	busy or spinny thoughts	Confused
 Face	hot or teary cheeks	Embarrassed
 Chest	heavy or tight	Sad
 Shoulders	tight or heavy	Worried
 Stomach	butterflies or a fluttery tummy	Nervous
 Arms	tense, like I want to push something away	Angry
 Hands	shaky or sweaty	Nervous
 Legs	wobbly or wanting to run	Scared
 Feet	wiggly and ready to move	Excited