



# YOUR AMAZING BODY

## Understanding sensations

**YOU MIGHT KNOW THAT YOUR BRAIN IS SMART, BUT DID YOU KNOW THAT YOUR BODY IS SMART TOO? IT'S TRUE!! YOUR BODY USUALLY KNOWS WHAT EMOTION YOU ARE FEELING BEFORE YOUR BRAIN DOES.**

When you feel sad, worried, excited, embarrassed, happy or angry, your body sends you tiny messages from the top of your head to the tips of your toes. Those messages are called “sensations”. Your body might have the same sensations that your friend gets when you both feel embarrassed, or they might be different. Sensations aren’t right or wrong, they are just your body’s way of telling you how you feel and what you need.

**STEP #1:** Take a large piece of paper and lay down on your back with your arms and legs pointing out. Ask a friend or teacher to trace the outline of your body. If you don’t have large paper or feel uncomfortable doing this, you can draw a basic outline of a body shape on a smaller sheet of paper, like a gingerbread person.

**STEP #2:** Thinking about one emotion at a time, notice what sensations can happen in your body when you’re feeling: Sad, Worried, Excited, Embarrassed, Happy or Angry. What picture or symbol would you use to show that sensation, where would you draw it on your body map, and how much space should it take up? What color should it be? Your body is unique and all sensations are okay.

*(Hint: here’s an example for you. When I feel embarrassed, I get cold sweat in my armpits and palms, my cheeks feel warm and red, and my heart starts to beat thumpy and fast. Sometimes the top of my head gets tingly and I want to curl my body up small.)*

**STEP #3:** If you’re having a difficult time thinking of sensations, try imagining a real time where you felt that emotion - try and remember what happened in your body at that time.

**STEP #4:** If you’ve done this as a group, notice what others felt in their bodies and how each person might have some messages that are different and some that are the same as you.

When your brain gets quicker at noticing your body’s sensations, it’s easier to know what emotion you are feeling, how to talk with others when you feel upset, and what might help you feel better.

Thank goodness for our sensations! Am I right?! Spread the word by telling your parents, siblings and friends about how brilliant our bodies are. This secret’s too good to keep.

*Go forth and be smart, friends!*



