

BODY Awareness

Next to each picture, Write what feelings you felt in that area of your body.



Shoulders



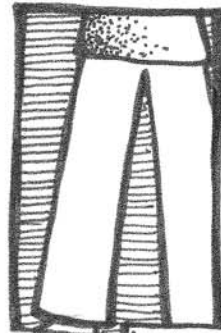
Hands



Feet



Head



Legs



Arms



Belly

Where in your body did you notice the most sensation?

BODY Awareness Challenge:

This week, when you are waiting in line: for a drink, lunch, library, recess, or the grocery store, do a quick body scan with your eyes open.
See if you can notice ③ different body feelings.