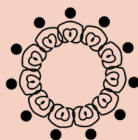


Finding Feelings:



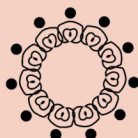
Body Mapping



Body Mapping

What You'll Need!

- **Paper (or a large surface for drawing)**
- **Markers, crayons, or colored pencils for expression**
- **Chalk (optional) for outdoor tracing**
- **A partner (optional) to help with tracing**
- **A quiet space to reflect on emotions**



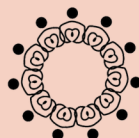
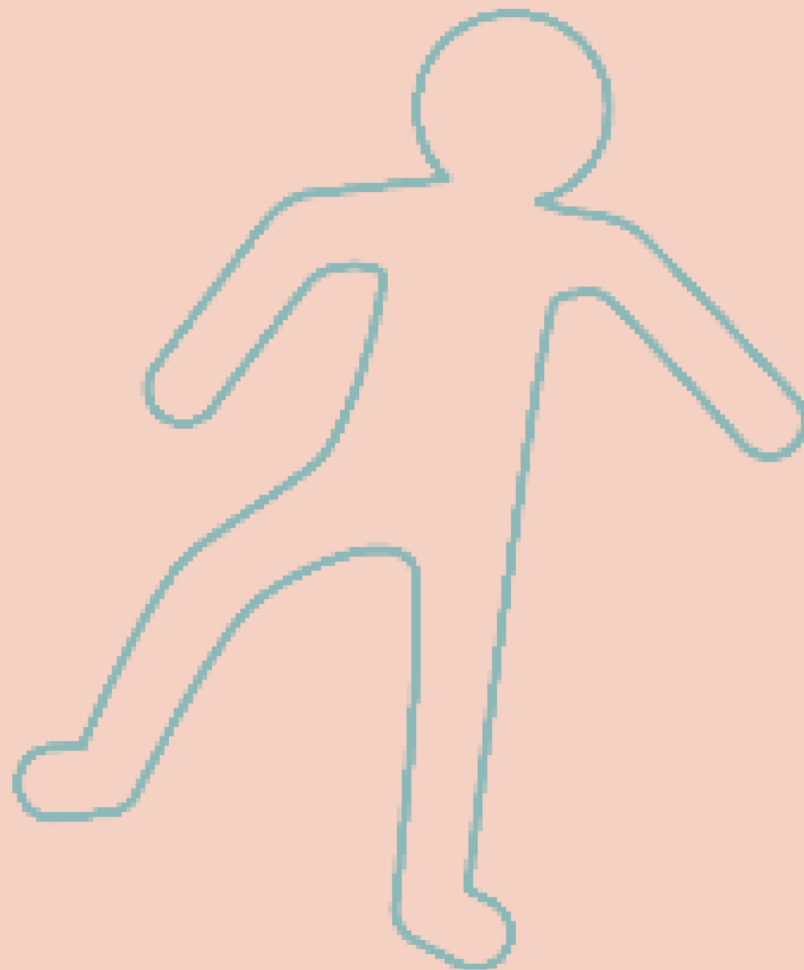
Body Mapping

Our emotions live in our bodies too! This activity helps you notice where you feel them and express them through color and shape.

How to Play

Step 1: Check in with yourself. What emotion do you feel most today? Where in your body do you notice it?

Step 2: Express it through color, shape, or texture. Use red for heat, blue for calm, swirls for excitement – whatever feels right!

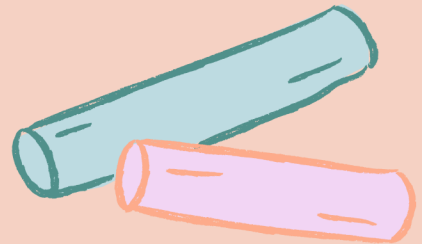


Body Mapping

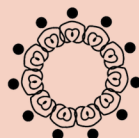


Step 3: Trace your body outline (optional). If you're outside, use chalk to trace each other and fill in emotions where you feel them.

Step 4: Observe your map. What do you notice? Emotions shift and change - this is a way to explore, not define!



Your body has a story to tell - listen, feel, and express.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

