AGES 4–12 ACTIVITY

Where Do I Feel It?



WHAT THIS IS

Feelings live in our bodies, too. Tight tummy? Hot face? Fast heart? These are clues that tell us how we feel.

HOW TO USE IT

1. Pick a color for each feeling in the key.
2. Think of a time you felt that feeling.
3. Color the body where you felt it.

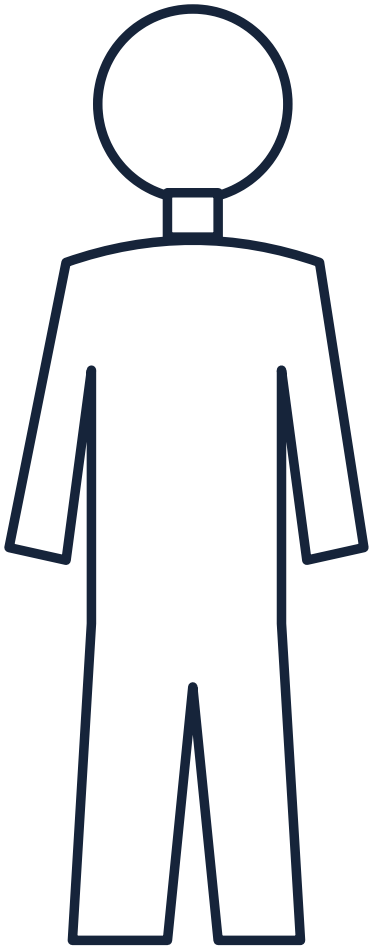
EXAMPLE

"When I'm nervous, my tummy gets fluttery, so I color it blue."

Color key

- **Angry**
- **Worried**
- **Sad**
- **Happy**
- **Excited**
- **Calm**

Make up your own colors for other feelings!



Clues:

- Fast heartbeat
- Tight tummy
- Hot face
- Shaky hands
- Heavy chest
- Wiggly legs

My body tells me I am angry when...

_____

_____

_____

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.