

# Where do I feel emotions in my body?

30 mins

KS 1/2

This activity explores how we experience different emotions in our bodies.

## What you will need

A4 sheet with body outline

Different colour pens (red, blue, green and yellow)

Emotion list - happy, angry, worried, sad. Scared

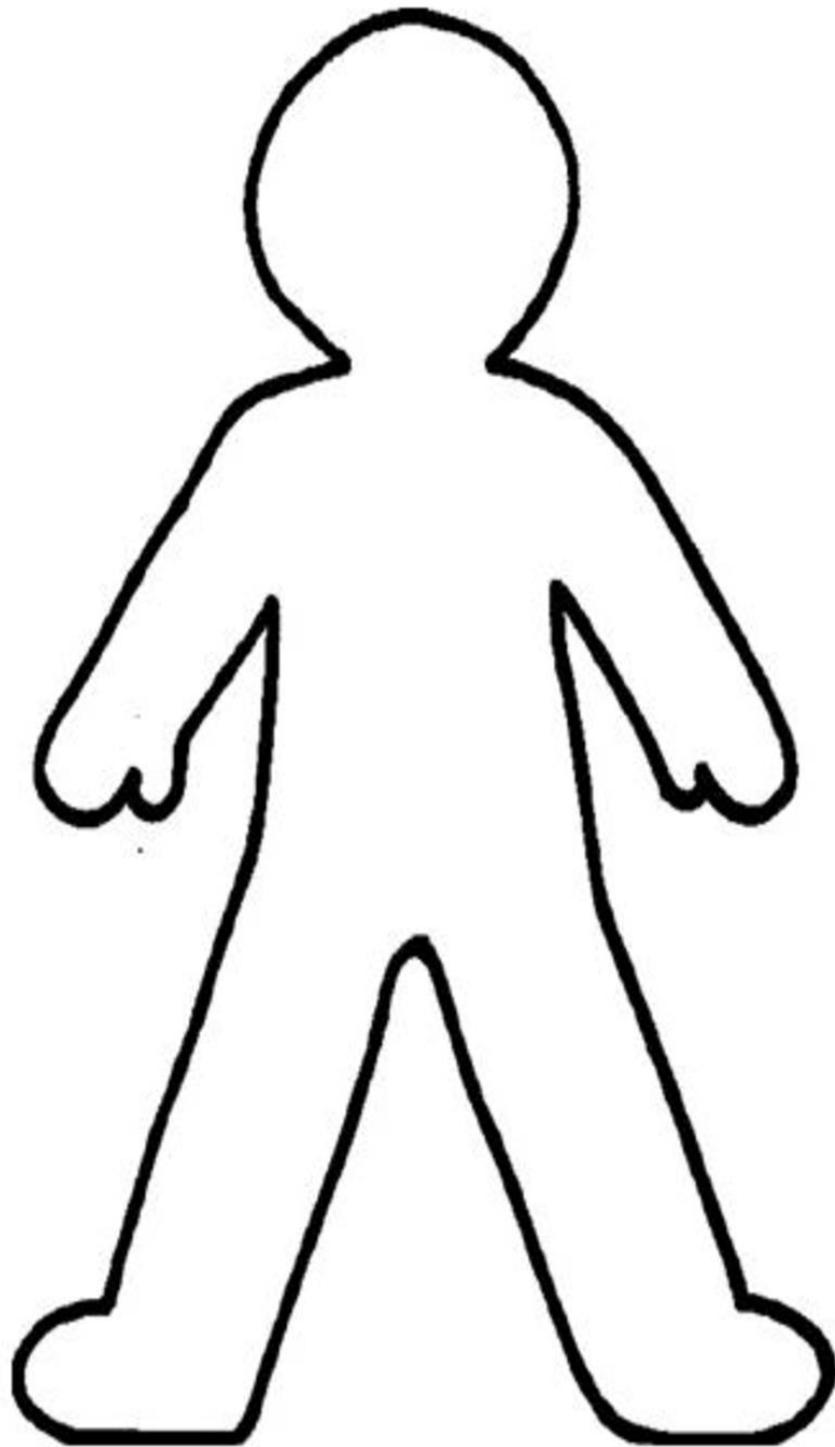
## Method

- This can be done either in groups or individually
- The teacher calls out an emotion e.g. 'angry' and asks, 'When you are angry where do you feel this?' e.g. tense body, stomp your feet, screw up your face.
- Happy: 'When you are happy where do you feel this?' e.g. smile, relaxed shoulders
- Worried: e.g. tummy in knots, sweating.
- Ask the children to write, draw or colour where they feel these emotions in the body.
- Use **red** for anger – **blue** for sad – **green** for worry – **yellow** for happy

## Extension - Anxiety Body Signals

- Use a new worksheet, but ask the children to focus particularly on feeling worried and anxious
- Write or draw what happens when they feel worried or anxious and where they feel it. When they have completed the drawings ask them to think about which ones they notice the most, e.g.:-
- Light headed
- Faint
- Dry mouth
- Sweaty hands
- Want to go to the toilet
- Shaky voice
- Headache
- Heart beating faster
- Butterflies in tummy

Where do I feel different emotions in my body?



Red - Anger

Blue - Sad

Green - Worry

Yellow- Happy

Where do I feel worries in my body?

