BODY FEELINGS MAP

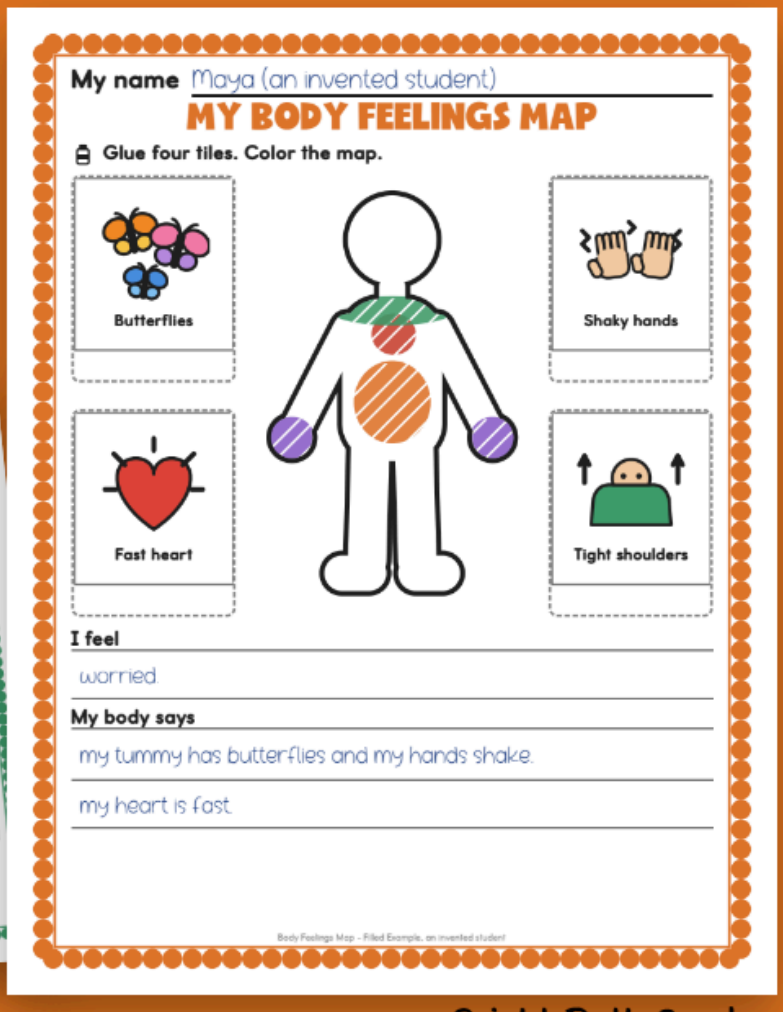
Where do I feel it? Grades K-3



28 SHEETS

CUT + GLUE





Bright Path Sped

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Print and go, type if you like

- Print the pages you need. Every page reads in black and white, and the cut sheets come in a color set and an ink-saver set.
- The name lines and writing lines are also type-in fields: click into one in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), type, and Save As.
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PREVIEW

How to Use It: Three Short Routines

Each one takes a few minutes. Use them in a small group, one to one, or with the whole class.

1. Look and say

- Show the faces (page 5). Say each feeling word together, then point and ask, "Who looks like this?"
- Show the body words (page 21). Read them together and try each one with your own hands or face.

2. Color where you feel it

- Give a color page (pages 13 to 20). Ask, "Where do you feel it in your body?"
- Let the child color anywhere, or nowhere. A child who says it is only in the head can color the head. Then circle any picture choices that are true, or none.

3. Glue and talk

- Cut the tiles (page 22 in color or 23 in ink-saver). Children glue four on a map (page 24), or match tiles to faces (pages 26 and 27).
- Finish with a sentence frame (page 28 or 29). Read what the child wrote back to them.

For aides, subs and home

- The same pages work one to one at a table or at home. Ask the same questions in the same words (page 38 has them).
- Send the family note (page 37) home with a finished map.

What this is, and is not

A classroom talking and coloring activity. It is not a test or a screening, it does not teach coping steps, and it replaces no plan your team already has. If a child shows worry that does not ease, follow your school's own process.

Notes on your group

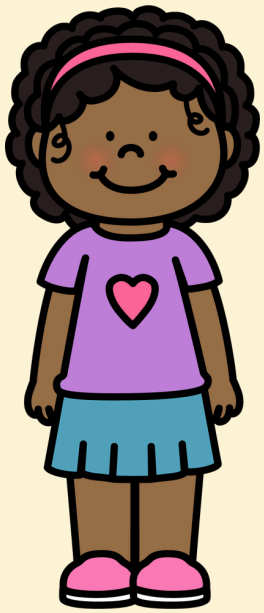
PREVIEW

Preview - Bright Path Sped

My name _____

Point to how you feel.

MEET THE FEELINGS



HAPPY



SAD



MAD



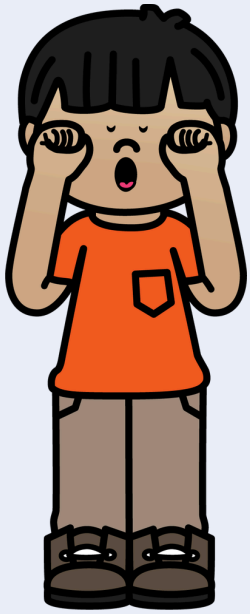
SCARED



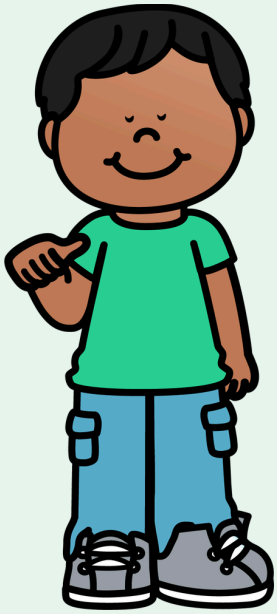
WORRIED



EXCITED



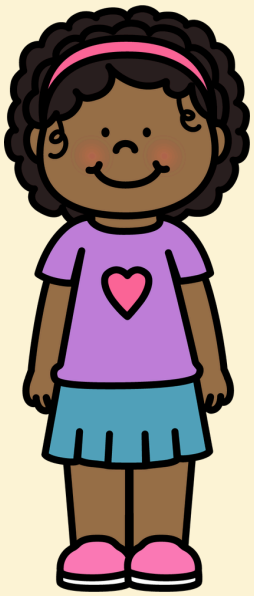
TIRED



PROUD

PREVIEW

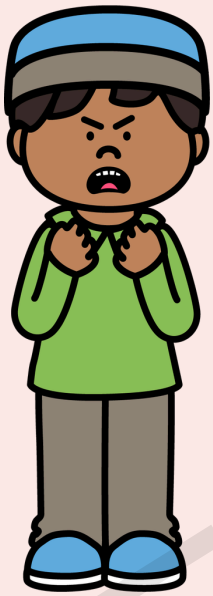
Cut the feeling cards.



HAPPY



SAD



MAD



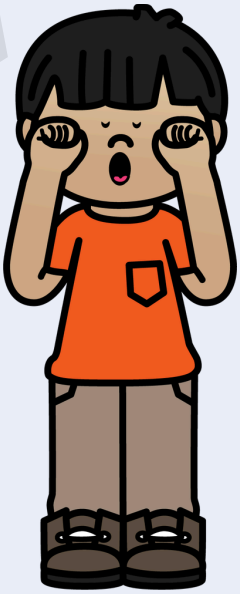
SCARED



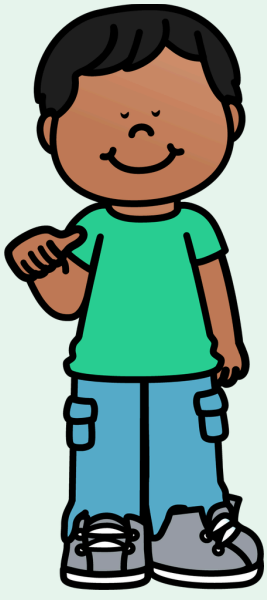
WORRIED



EXCITED



TIRED



PROUD

PREVIEW

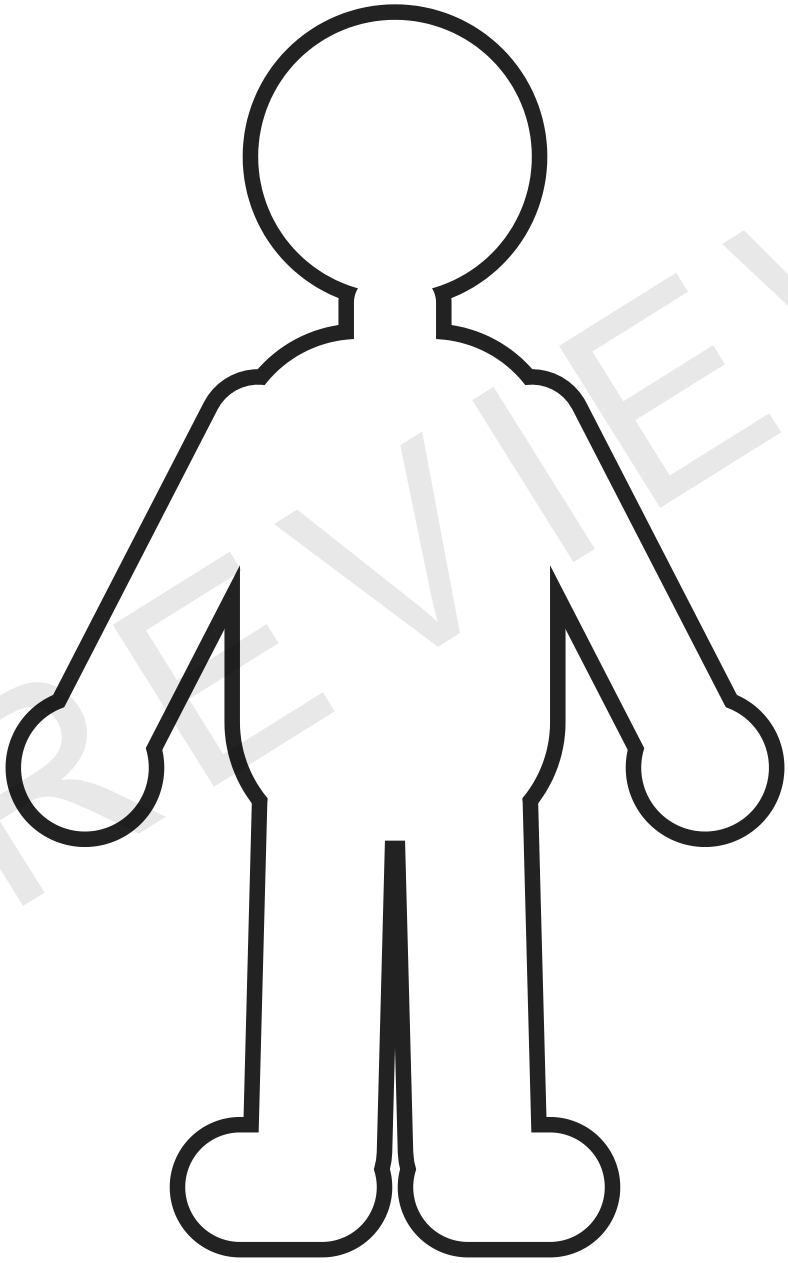
Use the cards to show how you feel, or glue one on page 25.

Preview - Bright Path Sped

My name _____

MY BODY FEELINGS MAP

Draw your face. Color where you feel it.



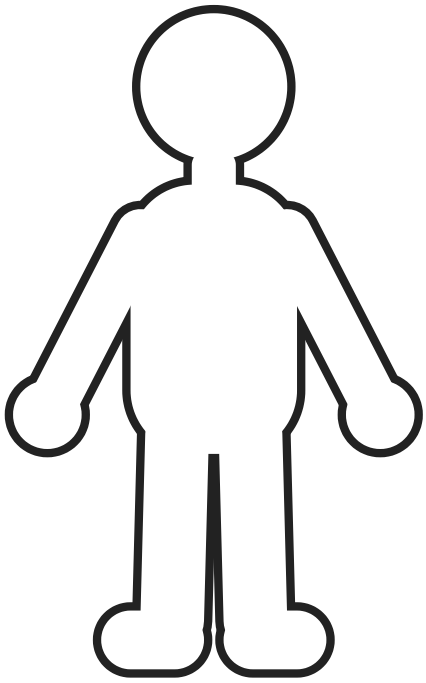
PREVIEW

I feel _____ and my body says _____

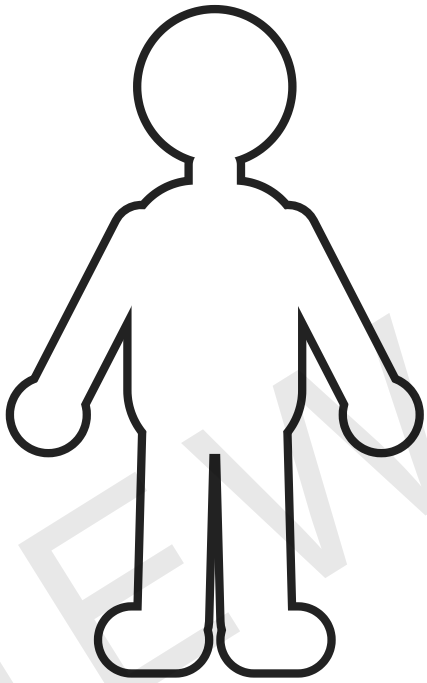
Preview - Bright Path Sped

My name _____

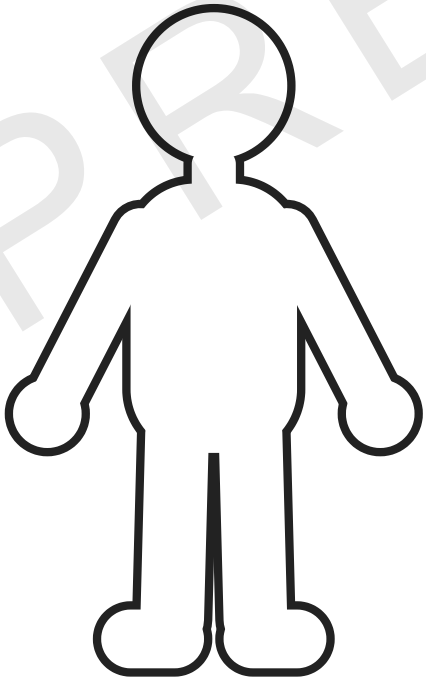
Pick four feelings. Color each map.



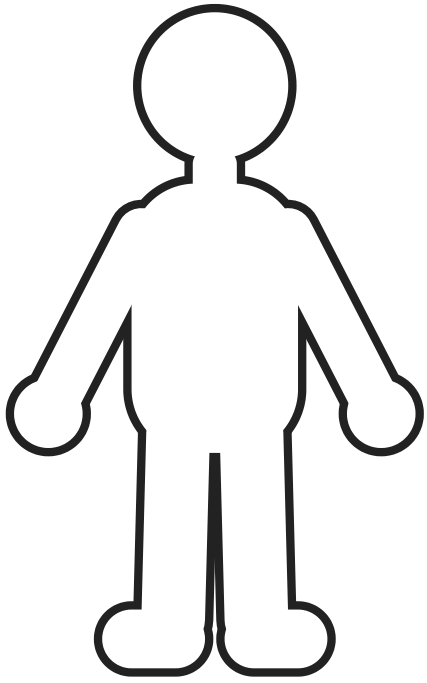
I feel _____



I feel _____



I feel _____

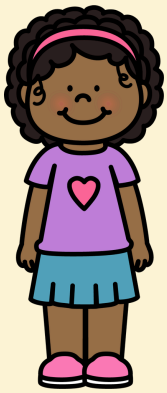


I feel _____

PREVIEW

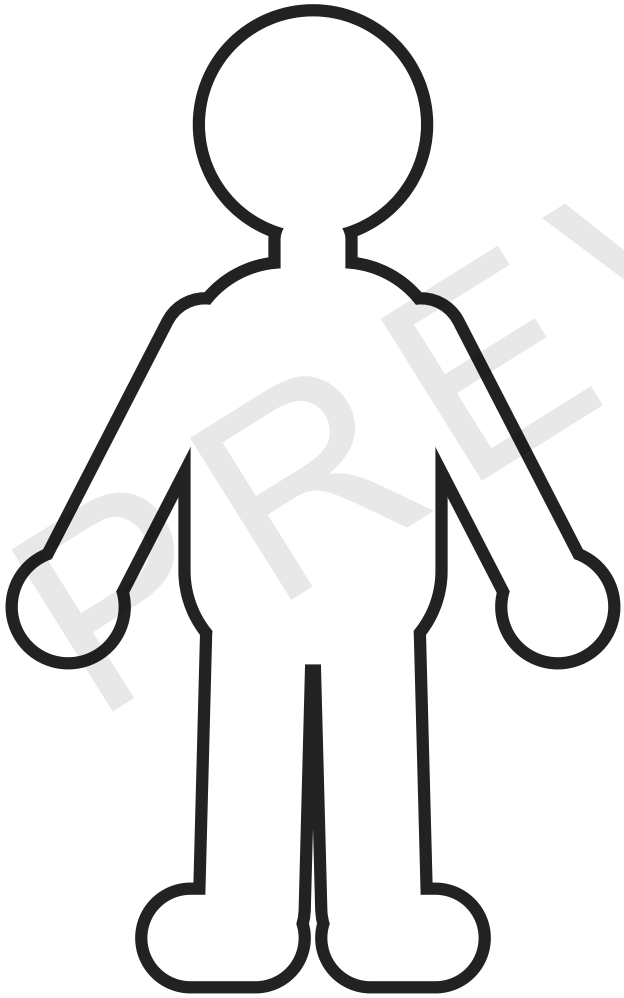
My name _____

Color where you feel happy.



I feel

HAPPY



Circle the ones your body says.



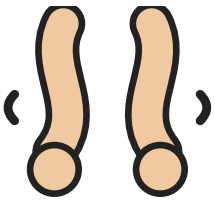
Big smile



Bouncy feet



Warm face



Loose arms

Draw your happy face.

My body says _____

PREVIEW

Preview : Bright Path Sped

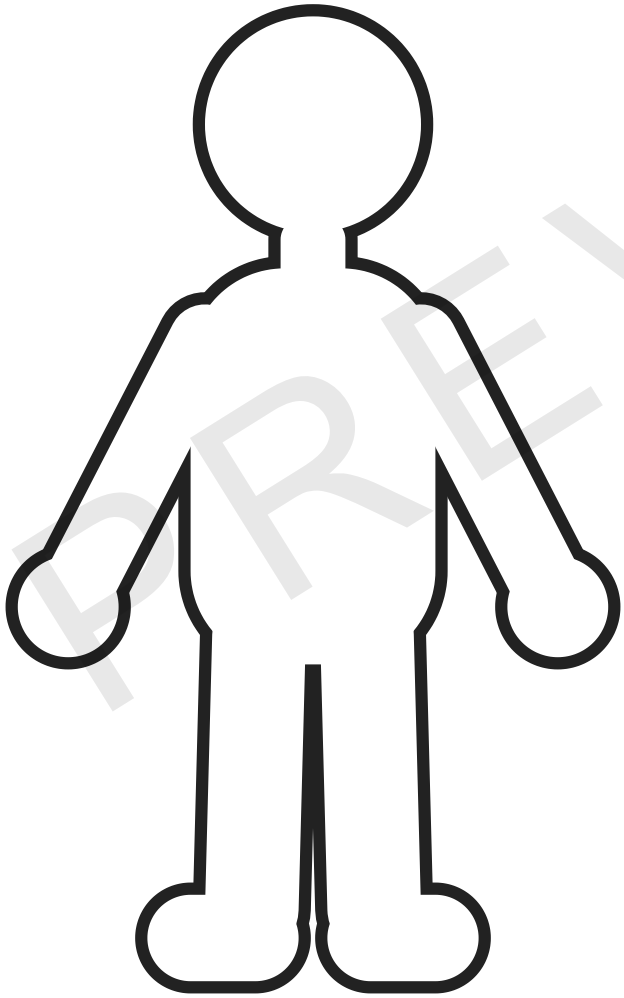
My name _____

Color where you feel scared.



I feel

SCARED



Circle the ones your body says.



Fast heart



Shaky hands



Cold hands



Butterflies

Draw your scared face.

My body says _____

PREVIEW

Preview - Bright Path Sped

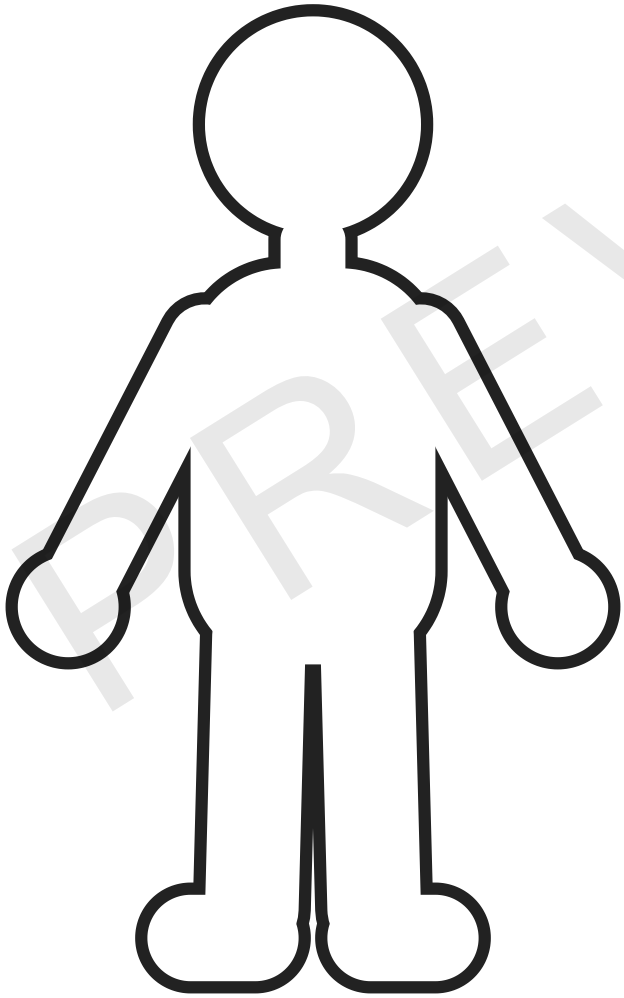
My name _____

Color where you feel excited.



I feel

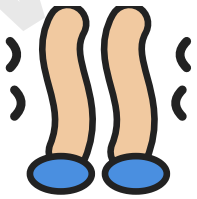
EXCITED



Circle the ones your body says.



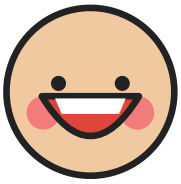
Bouncy feet



Wiggly legs



Fast heart



Big smile

Draw your excited face.

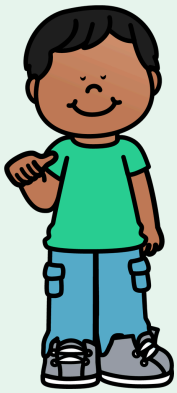
My body says _____

PREVIEW

Preview - Bright Path Sped

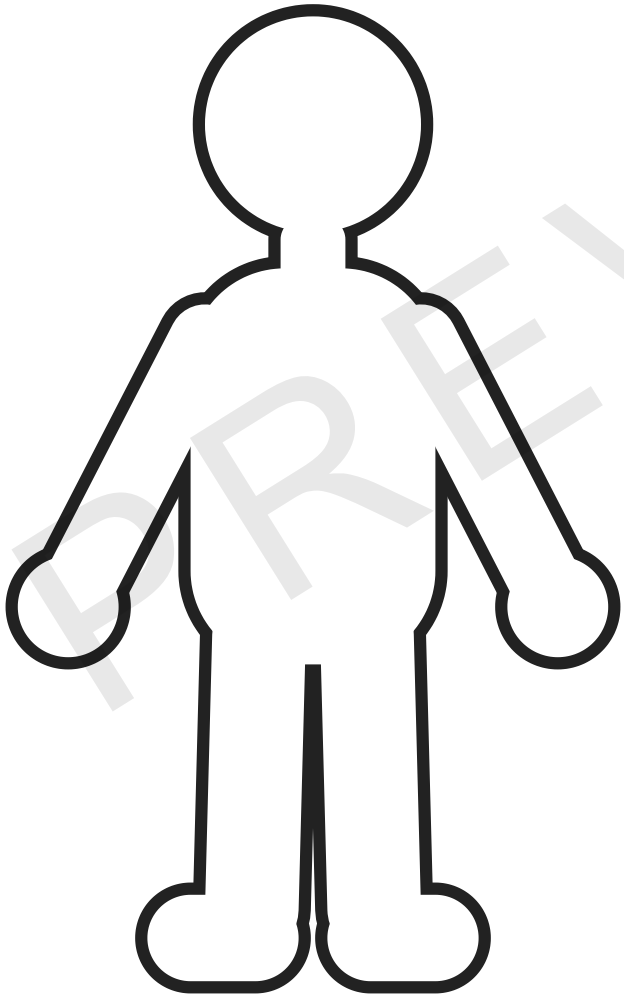
My name _____

Color where you feel proud.



I feel

PROUD



Circle the ones your body says.



Big smile



Warm face



Bouncy feet



Slow heart

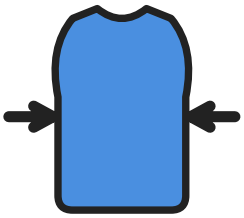
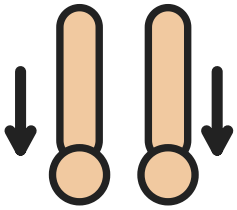
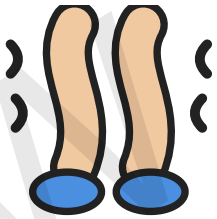
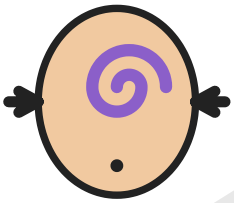
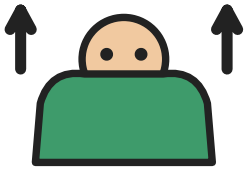
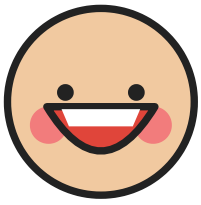
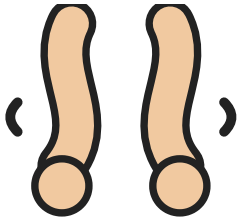
Draw your proud face.

My body says _____

PREVIEW

Preview - Bright Path Sped

Cut the body tiles.

 Fast heart	 Butterflies	 Tight chest	 Warm face
 Shaky hands	 Heavy arms	 Tight fists	 Wiggly legs
 Tight tummy	 Heavy eyes	 Cold hands	 Tight shoulders
 Bouncy feet	 Big smile	 Slow heart	 Loose arms

Pick the tiles that fit you. Glue them on pages 24 to 27.
No tile fits? Leave it out.

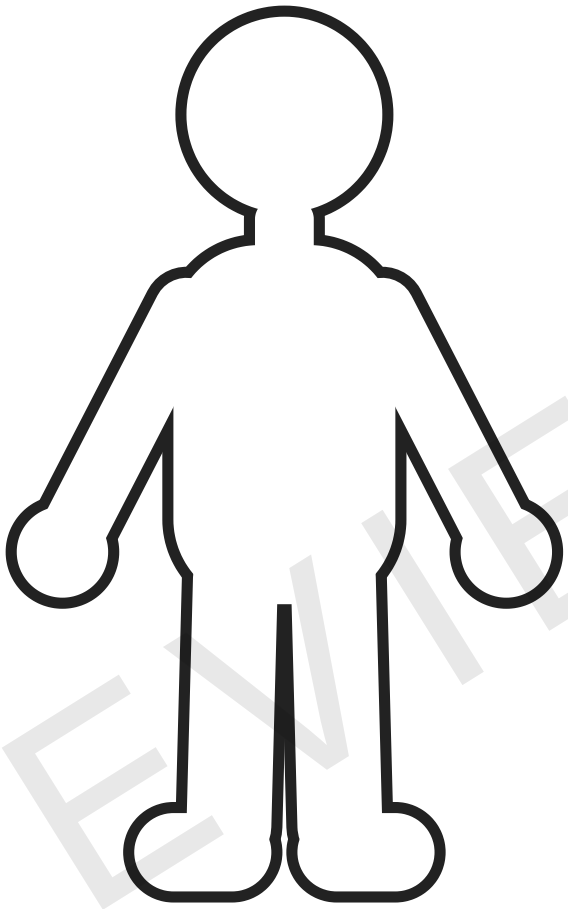
PREVIEW

Preview - Bright Path Sped

My name _____

MY BODY FEELINGS MAP

Glue four tiles. Color the map.



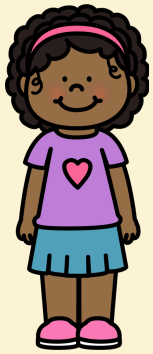
PREVIEW

I feel _____

My body says _____

My name _____

Glue two tiles that fit you.



HAPPY



SAD



MAD



SCARED

PREVIEW

Preview : Bright Path Sped

My name _____

Write about your body. Draw it.

I feel _____

when _____

My body says _____

I feel _____

when _____

My body says _____

I feel _____

when _____

My body says _____

PREVIEW

Preview - Bright Path Sped

My name _____

Circle how you felt. Write what your body said.

MY FEELINGS WEEK

Mon



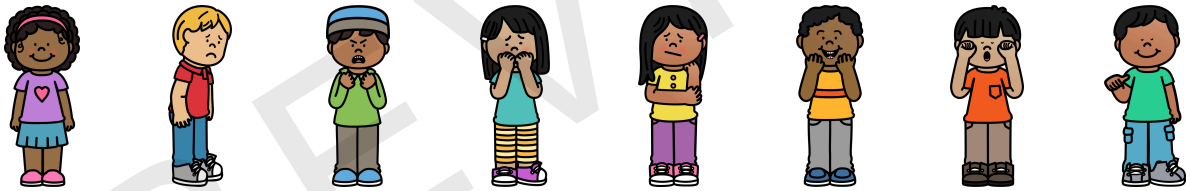
My body said _____

Tue



My body said _____

Wed



My body said _____

Thu



My body said _____

Fri



My body said _____

PREVIEW

Preview : Bright Path Sped

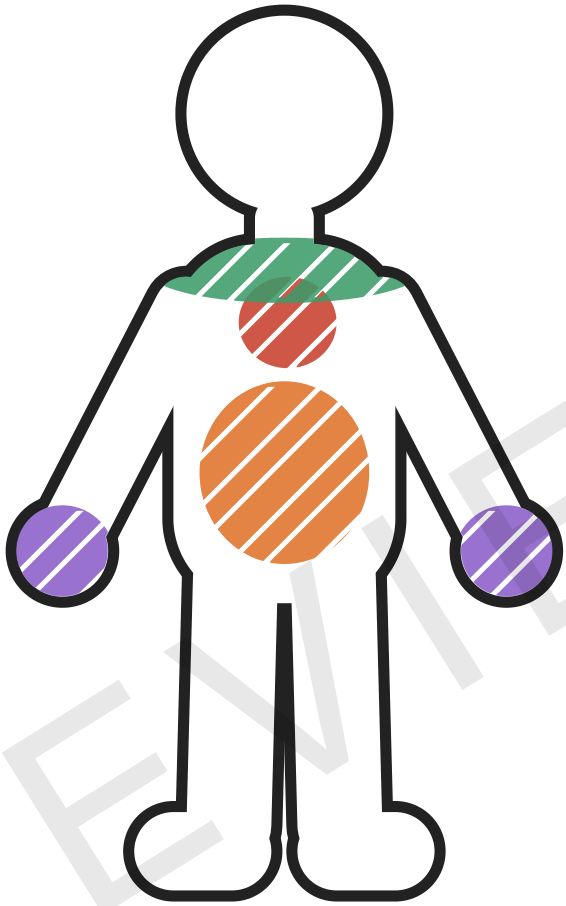
My name Maya (an invented student)

MY BODY FEELINGS MAP

Glue four tiles. Color the map.

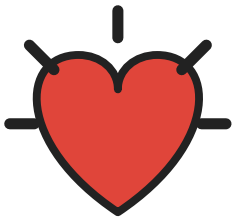


Butterflies

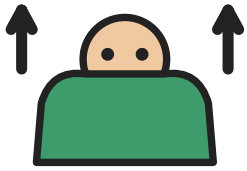




Shaky hands



Fast heart



Tight shoulders

I feel

worried.

My body says

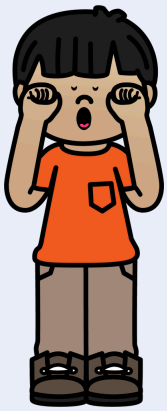
my tummy has butterflies and my hands shake.

my heart is fast.

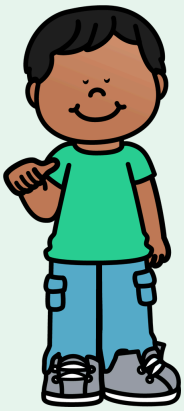
PREVIEW

Answer Key

Page 6, Write the Word: the word under each face, in the order the faces appear on that page, left to right, top row then bottom row.


tired

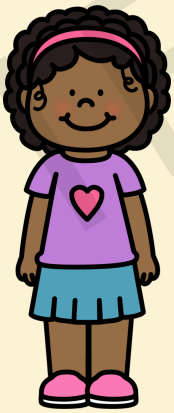

mad


proud


worried


sad


excited


happy


scared

Every other page

The color pages, maps, tiles, glue pages and sentence frames have no right answers. A child may color a place, leave it blank, circle some choices or none. If a child writes a word that is not on the word bank, read it with them and accept it if it says how they feel.

Face cards and tiles

Page 7 and 8: 8 face cards. Pages 22 and 23: 16 body tiles. Children may glue any tile that fits them on the glue pages.

PREVIEW

Preview · Bright Path Sped

A Note to Families

One page to send home with a finished map.

Date _____ Class _____ Teacher _____

Dear families,

This week we talked about feelings and where we notice them in our bodies. Your child colored a body map and picked words that fit. There are no right or wrong maps: each child decides what is true for them.

This week your child picked

_____

_____

_____

You can try this at home

Look at the map together. Ask, "Where do you feel it?" and listen to the answer before you say anything. You can color a new map any time.

_____

_____

A note from me (your words)

_____

_____

_____

Thank you, (teacher) _____ Family signature, if your school asks for one _____

PREVIEW

Phrase Bank

Fill each blank with what you really saw or heard.

Starting the talk

- "Where in your body could you feel ____ (a feeling)?"
- "Let's look at the body map. Where would you color?"
- "Point to a tile. Does it fit you today, or not?"
- "Some children feel it in ____. Some feel it somewhere else."

Noticing what you see

- "I see you colored ____ (a place). Tell me about it."
- "You glued the ____ (a tile) tile. What made you pick it?"
- "Your map has ____ (a number) places colored."
- "Thank you for showing me."

When a child says none fit

- "That is okay. You can leave it blank."
- "Do you want to draw your own?"
- "We can try again another day."
- "You are the expert on your own body."

Sentence starters for children

- When I feel ____, my ____ feels ____.
- My body says ____.
- I feel ____ when ____.
- Today I colored ____.

For the note home

- This week we colored where feelings show up in our bodies, starting with ____.
- Your child picked the feeling ____ and the body words ____.
- At home you can ask, "Where do you feel it?" and listen to the answer.
- Thank you for ____ (what the family did to help).

PREVIEW