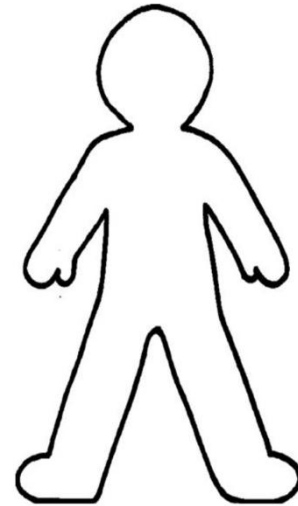


Body Map

- On a large sheet of paper/two sheets stuck together EITHER draw around one person OR draw the outline of a figure



- Everyone sits around the body shape
- Give everyone a pen (use different colours)
- As a group discuss how your body feels when you are stressed (remember it may be different for different people so listen and share ideas)
- Use words/colours/pictures to show this on the body map – everyone can join in

Aims of the Body Map activity:

- To create a culture of emotional openness and awareness
- To create a safe space where pupils are able to be open about emotions
- To develop self awareness
- To develop an understanding of the effects of stress on the body
- To connect bodily sensations with emotions