

What am I feeling? (for children aged 4-10)

Connecting feelings with the body

Feelings can show up in different ways. We may notice them in our thoughts, but we may also notice them in our bodies - perhaps as tightness, warmth, heaviness, butterflies, tension or something else entirely.

Take a moment to notice what is happening for you. There is no right or wrong answer.

What am I feeling right now?

You can feel more than one feeling at the same time.



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All feelings
are part of being
human.

Where Do I Feel It?

Feelings can show up in our bodies too.

Think about the feeling you chose. Where do you notice it in your body?

Colour, circle or point to where you notice something.

Your body
gives you clues
about how you
feel.

Take
your time.
Notice what
feels true
for you.

It's okay
if you feel it
in more than
one place.

There is no
right or wrong
place to feel
your feelings.



What do you notice?

Can you find your own words for what your body feels like?



Need some ideas?

Maybe it feels warm, cold, tight,
shaky, heavy, light, tingly,
fluttery, fast, slow...
or something completely
different.



Your body is your own. What you notice might be different
from what someone else notices — and that's okay.



SMALL STEPS. BRIGHTER DAYS.



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