

## Making sense of body feelings

Bodily feelings and emotions are connected. When we feel anxious, we might notice our heart beats faster, our legs feel wobbly and we need to go to the toilet. When we feel angry, we might notice that we feel hot, our fists start to clench and our body feels tense.

The bodily feelings we get when we feel anxious might be frightening or confusing to some children if they do not know why they are happening. Teaching children about the bodily feelings connected with emotions can help them to understand that they are normal and temporary, and hopefully will help them feel less worried.

Understanding the different bodily feelings linked with different emotions can also help children understand their emotions better. Paying attention to what is happening in their body can help them to recognise what emotion they are feeling.

1

One way of introducing the idea of bodily feelings is to use the outline of a body to support discussion. You might want to draw or print a body, or have your child lie down on some large paper and draw around them.

Encourage your child to think about what happens in their body when they feel different emotions by asking them questions about what they noticed in different parts of their bodies. Write these things down on the body outline next to the right body part.

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To normalise bodily feelings, it can be useful for you to talk about what you feel in your body in different situations in everyday life.

