

Emotional Body Map

Where do you feel emotions in your body?

Feelings are not just in our heads; they are often felt in our bodies too. On the body below note down where you feel different big feelings. Choose your own colours and shapes and add them to the key so you know what's what.

Key:

Excitement

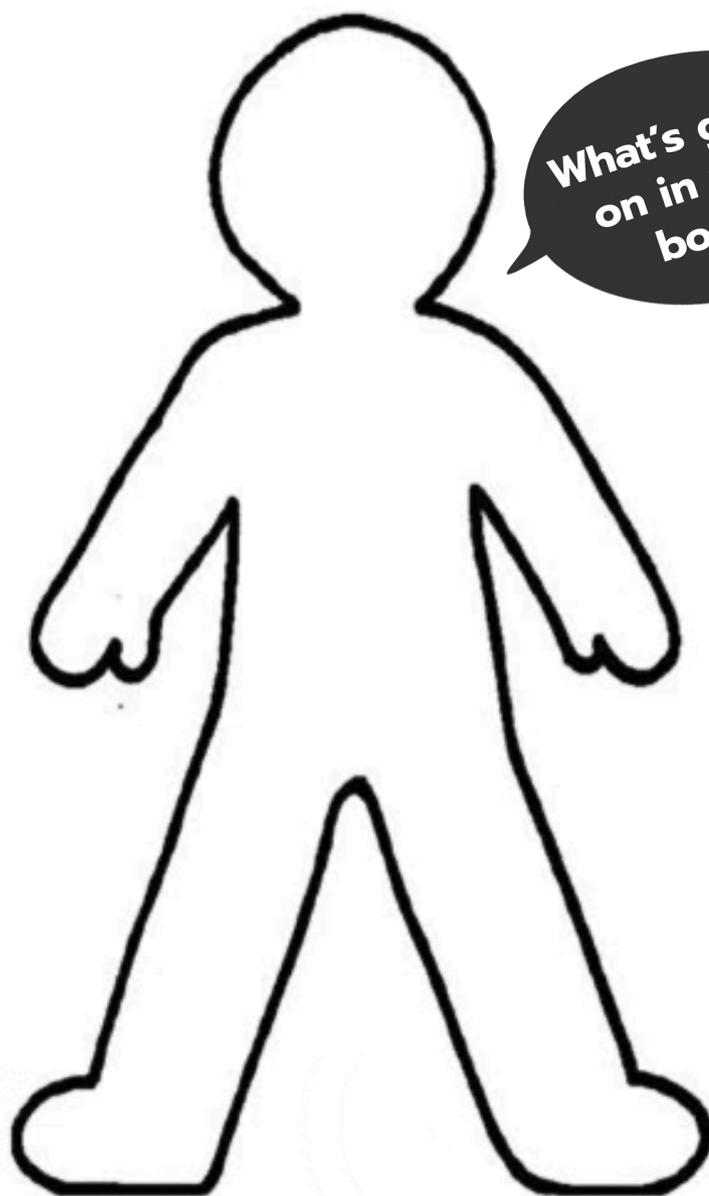
Upset

Anger

Fear

Disgust

Anxiety



What's going on in your body?



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