

Emotional Body Map

How your body holds and responds to big feelings

How to Prepare

Print out some copies of the Emotional Body Map Worksheet and grab some coloured pens. (There are two body shapes, pick the one you prefer or draw your own).

How to Play

The first step is to get people to choose the colour and shapes they want to use to represent the different emotions and then draw them on the key.

Step two Ask them to think about where in their bodies they feel the emotions. You might need to give an example.

E.g. *Where in your body do you feel joy? (I might answer 'in my face, and upper chest is where I feel joy, what about you?')*

Step three Reassure people that we are all different and there are no wrong answers and then get them to place their emotions, using their key on the body outline.

Step four Once people have finished, get them to share in pairs. This leads to insights and revelations.

Step five Go through each emotion in turn and get people to share where they feel that emotion in their body, it can be fun to see both the differences and similarities.

Top Tip

If anyone feels dysregulated during or after this exercise, encourage them to take a minute to find and pay attention to a place in their body where they feel calm or well.

**What's going on
in your body?**



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