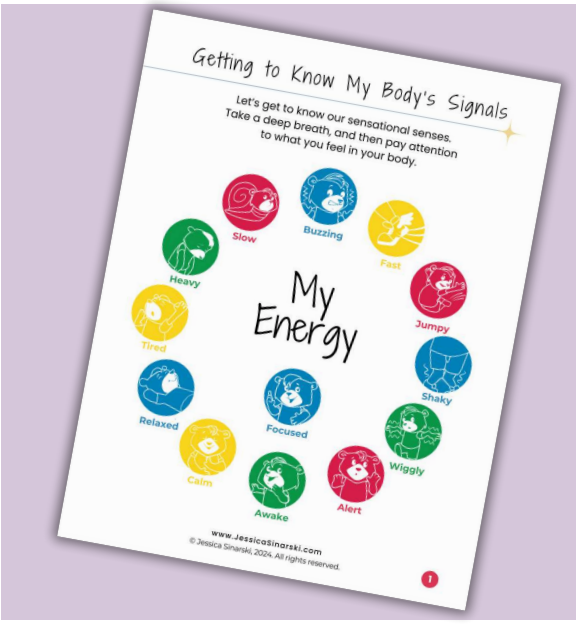
SENSORY solutions™

GETTING TO KNOW my body's signals

with Riley the Brave



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tips for use

ASCA standards:
- M 1
- B-SMS 1
- B-SMS 2

It can be hard to notice the signals coming from our hidden senses. Use this activity to help students with this important part of learning to "feel and deal."

Make this activity part of your regular routine, and provide extra copies for students to use when they need to reset.

Be sure to demonstrate or discuss each of the sensations listed, especially for younger students.

Use as a group or whole class, modeling how even grown-ups need to check in with their sensations.

After practicing together, print and hang this activity in your regulation space for easy reference.

SENSORY solutions™

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Getting to Know My Body's Signals

Let's get to know our sensational senses.
Take a deep breath, and then pay attention
to what you feel in your body.

My Energy



Slow



Buzzing



Fast



Heavy



Jumpy



Tired



Shaky



Relaxed



Focused



Wiggly



Calm



Awake



Alert

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Getting to Know My Body's Signals

Circle what you are sensing in these different parts of your body.
You might feel something in between...just mark it with an X.
There are no wrong answers!
Your only job is to get to know your body's signals a little better.

My Breathing



Deep into my belly ——— **Shallow in my chest**





Slow ——— **Quick**



My Heartbeat



Soft ——— **Pounding**





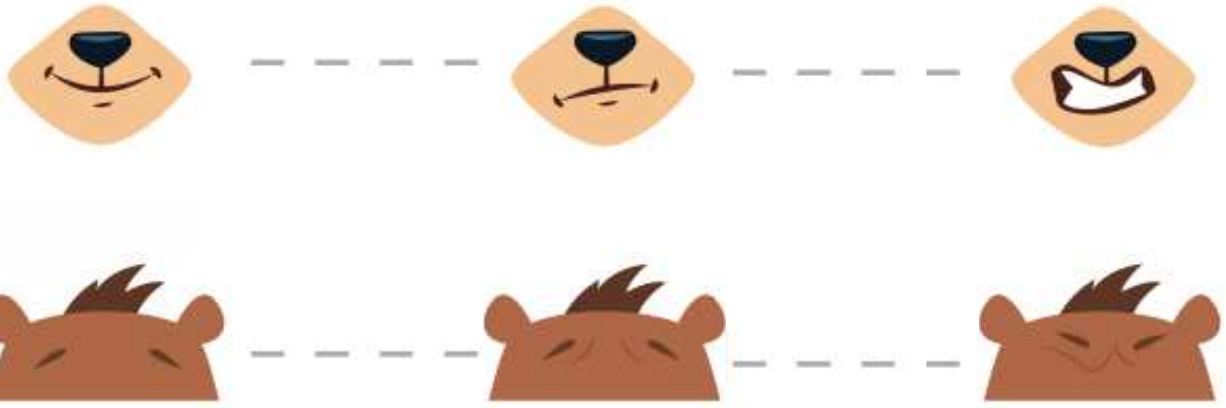
Slow ——— **Fast**



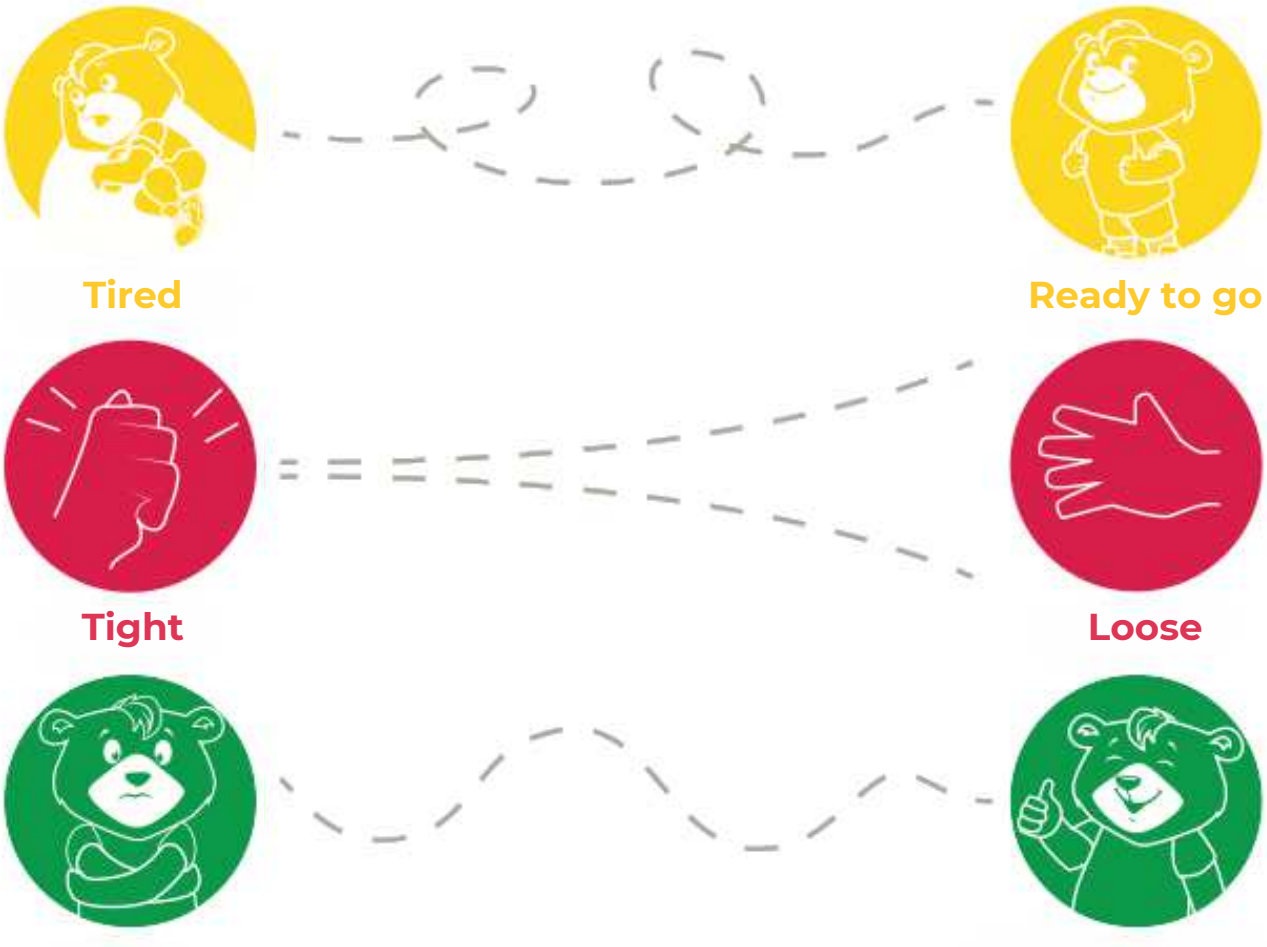
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Getting to Know My Body's Signals

My Face



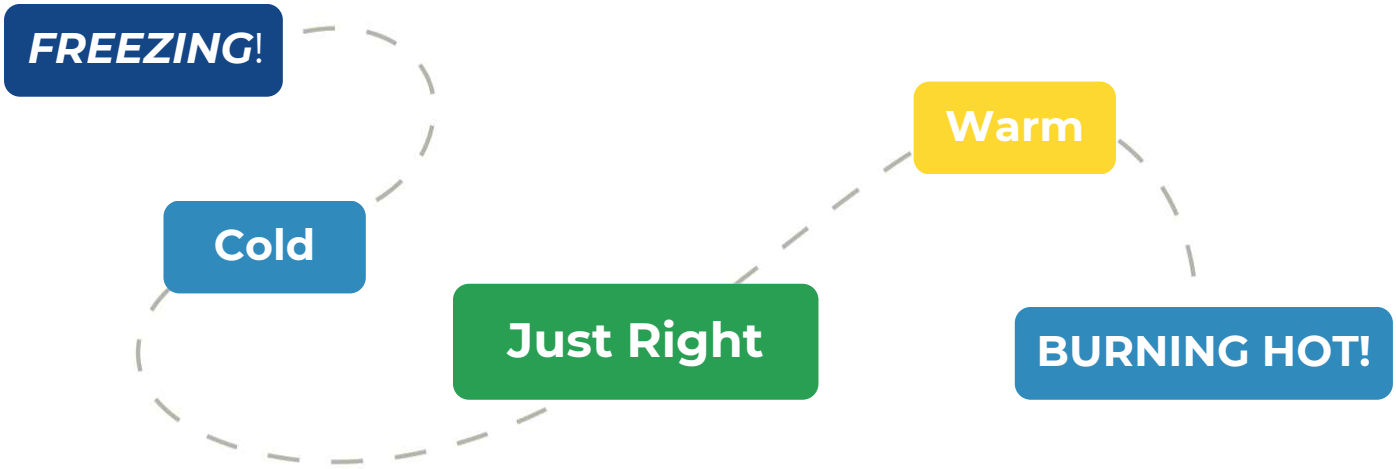
My Muscles and Body



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Getting to Know My Body's Signals

My Temperature



My Belly



Soft — Tight

Full — Hungry





Relaxed — Queasy

Calm — Mixed-Up



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