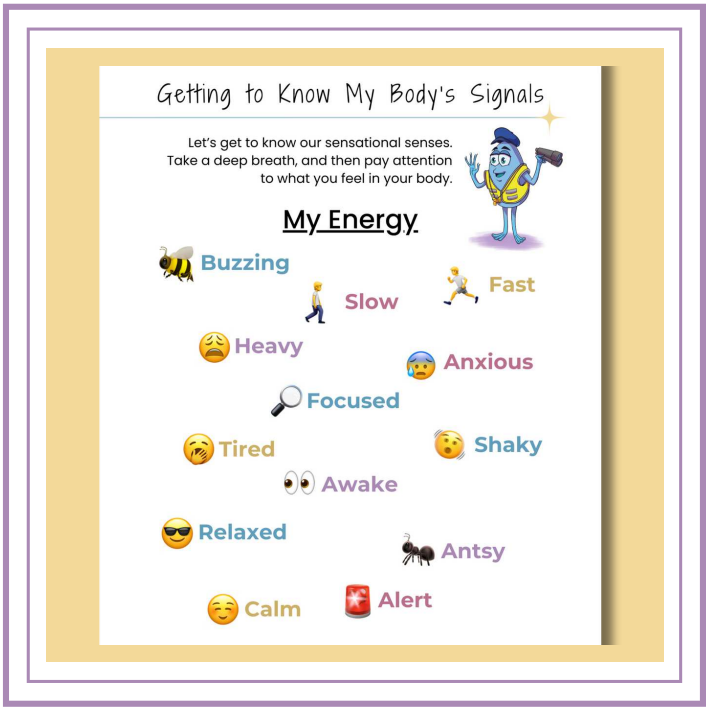
SENSORY solutions™

GETTING TO KNOW my body's signals



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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.

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.

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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

Buzzing

Slow

Fast

Heavy

Anxious

Focused

Tired

Shaky

Awake

Relaxed

Antsy

Calm

Alert

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Getting to Know My Body's Signals



Mark the line with an X showing what you are sensing in these different parts of your body. 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



My Face

Smiling — Frowning

Relaxed — Tense

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Getting to Know My Body's Signals



My Muscles and Body

Tired — Ready to go

Tight — Loose

Uneasy — Relaxed



My Temperature

FREEZING! — Cold — Just Right — Warm — BURNING HOT!

My Belly

Soft — Tight

Full — Hungry

Relaxed — Queasy

Calm — Mixed-Up

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