

LESSON TWO: HOME HANDOUT

BODY MESSAGES CHART

Question	Examples	Your Body Messages
How do you know when your body needs sleep?	My eyes feel heavy My legs hurt	
How do you know when you are hungry?	My teeth want to chew My tummy feels empty	
How do you know when you are full?	My tummy feels happy I can't eat any more	
What does it feel like when you're cold?	I feel like a popsicle I have the shivers	
What does it feel like when you're warm?	I feel warm like fire It feels like sunshine	
How do you know if your body is sick?	I don't feel well I feel hot all over	
How do you know when you need to go to the bathroom?	I feel too full My tummy hurts	
How do you know when your body needs exercise?	I feel like jumping I have lots of energy	

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