

Katydid

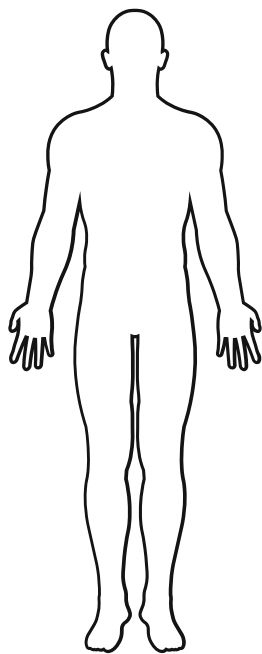


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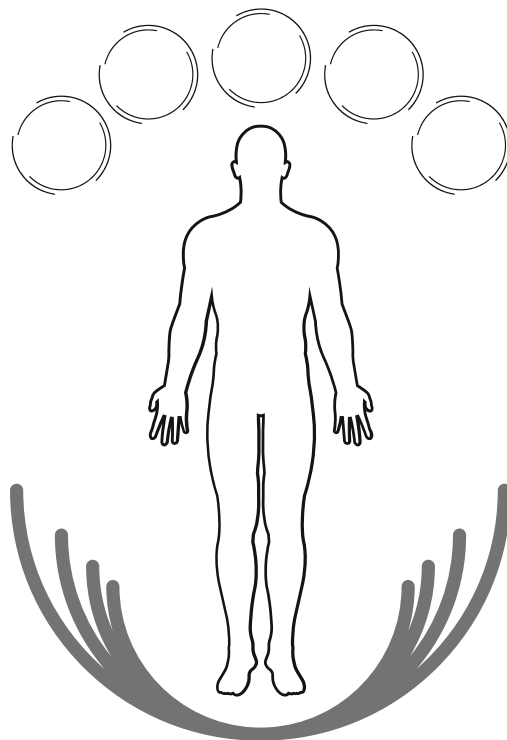
Emotional Processing Toolkit

Body Mapping tools

Printable resources for body mapping



Katydid
CARDS
katiewatts.com



Thank you!

Thank you for downloading this tool to use with your clients and/or students. This tool is just one part of the Katydid Cards Emotional Processing Toolkit available for sale on my website. Check out my website to learn more and purchase!



[Visit my website](#)

About Me

I am a dynamic consultant with a background in leadership, education, and nonprofit management. I have over two decades of experience working with youth, families, and communities. I seek to create the conditions for healthy systems that improve culture, climate and overall wellness. Follow me on Instagram @KatydidCardsToolkit and share how you're using the body mapping tool!



May we develop the skills to effectively regulate our emotions and communicate our needs for deeper connection and intimacy in our lives.

-Katie Watts

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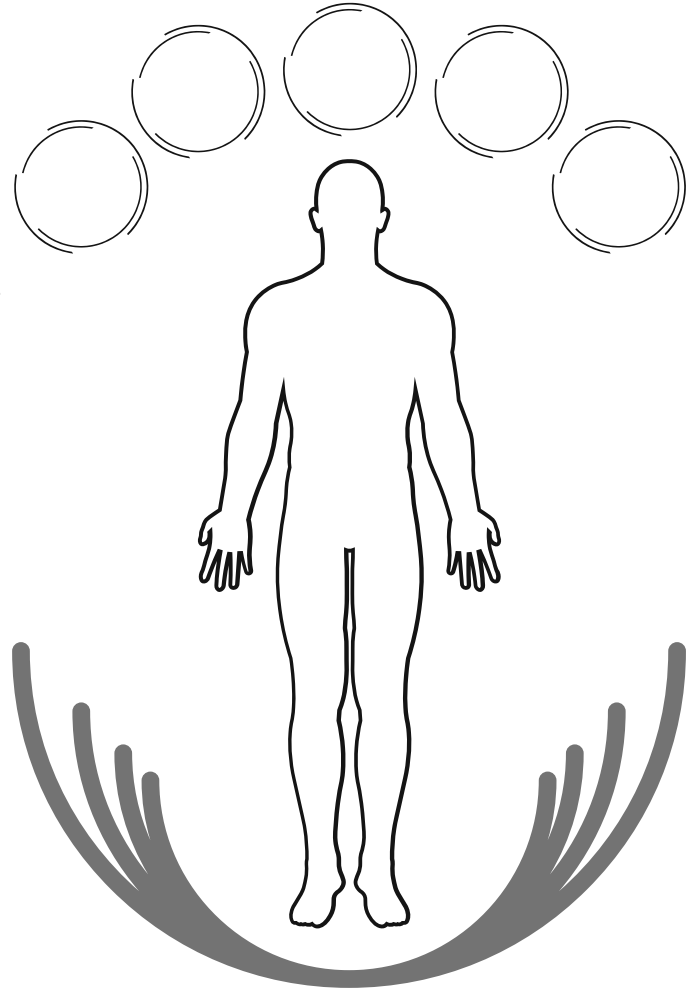
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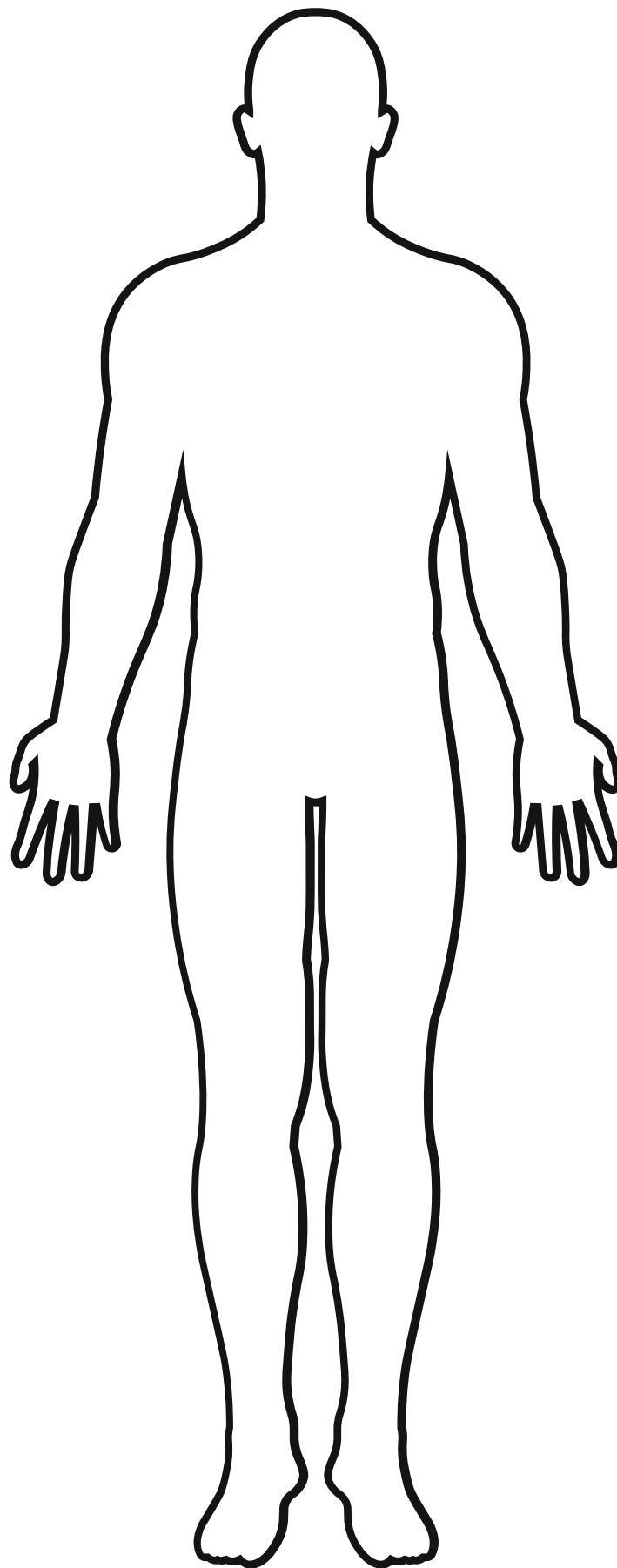
How to use this resource

Body Mapping

- Invite your students, clients, or yourself to tune into the sensations in your body. It might help to do a brief settling practice. Ask these questions: What am I sensing? Where is this in my body? Can I draw what fuzzy, tingly, etc. feels like? Why might I be feeling this?
- The circles on top of the body image can be used to identify your triggers that cause you to move out of a state of regulation.
- The nest in the bottom of the body image can be used to identify those people/objects/experiences in your circle of care. Who or what helps you to feel safe, connected and nourished?
- The blank body image can be used for drawing the sensation in the areas where you feel them.
- Note: The full toolkit available for purchase on my website contains 48 watercolor image cards that can be used instead of drawing. It also contains body sensations and emotion word cards.



Questions for journaling/processing: What are my feelings/sensations telling me about my needs and values? What can happen when my needs go unmet? How might I react? Can I name the emotion words that go with the body sensations?



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