

DRAWING YOUR OWN BODY SCAN



01

Find an empty template of a body or draw an outline of a body.

Body awareness: Point to a body part on the chart and have your child wiggle that same body part.

02



03

Body awareness: Play Simon Says and have your child match actions to body parts (Simon says touch your heart → touch heart on body chart)

Body awareness: Turn the body into a self-portrait. As your child draws their body parts, ask them how it feels right now.

04



05



Self awareness: Have your child use different colored markers to draw where they feel emotions in their body.

Make your own body chart!

