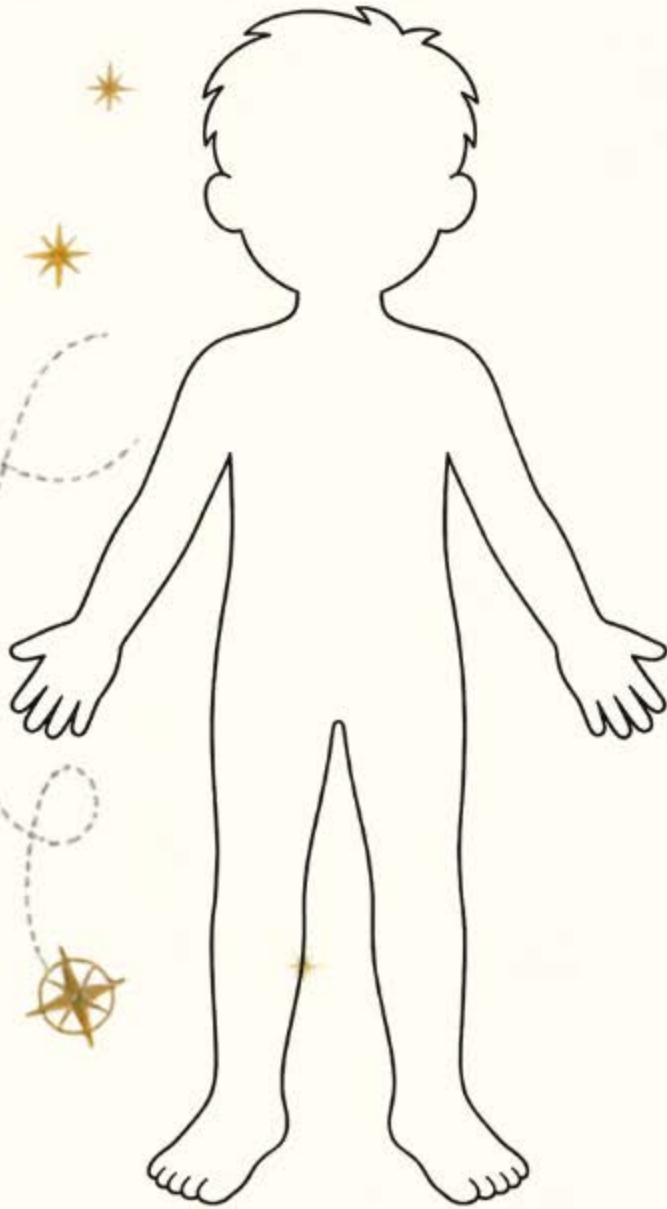




BODY CHECK-IN



How I Feel

Draw a line from your heart to how you feel today.



What My Body Needs

Color the things that your body would like today.



What I Notice

Color where you notice sensations.



The more we notice, the more we learn about ourselves.

