

Your...
Body & Emotions

On the Human Outline below, draw arrows from different location in the body that you feel different emotions. An example could be feeling Anxiety in the stomach. When you have located where you feel it, write down some words to describe what it feels like. For example, anxiety might feel like butterflies. For example, if your nervous you might feel butterflies in your tummy. Have a go and see how many you can think of.

