

Name _____

Date _____

Mind-Body Connector

We can start to recognize our feelings and our emotions by feeling them in our body. Can you identify where you feel certain emotions?

DIRECTIONS

1. First color code the emotions labeled below.
2. Color in where you feel each emotion on your body outline.
3. Draw an arrow to where you feel that emotion and then list what kinds of things make you feel those emotions.
4. Now focus on one emotion (happiness, sadness, fear, love, nervousness, or anger) and explore how you can better address that emotion.

Color **Emotion**



Happiness



Sadness



Fear



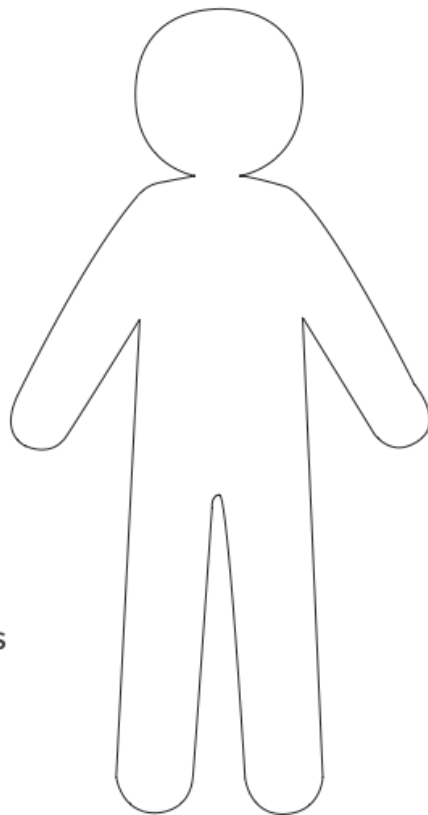
Love



Nervousness



Anger



What makes you feel this emotion?

Happiness _____

Sadness _____

Fear _____

Love _____

Nervousness _____

Anger _____