

What Happens Inside Our Bodies When We Feel Things?



Sometimes a feeling of
warmth flows through
my body like a **kind**
smile spreading inside
of me.

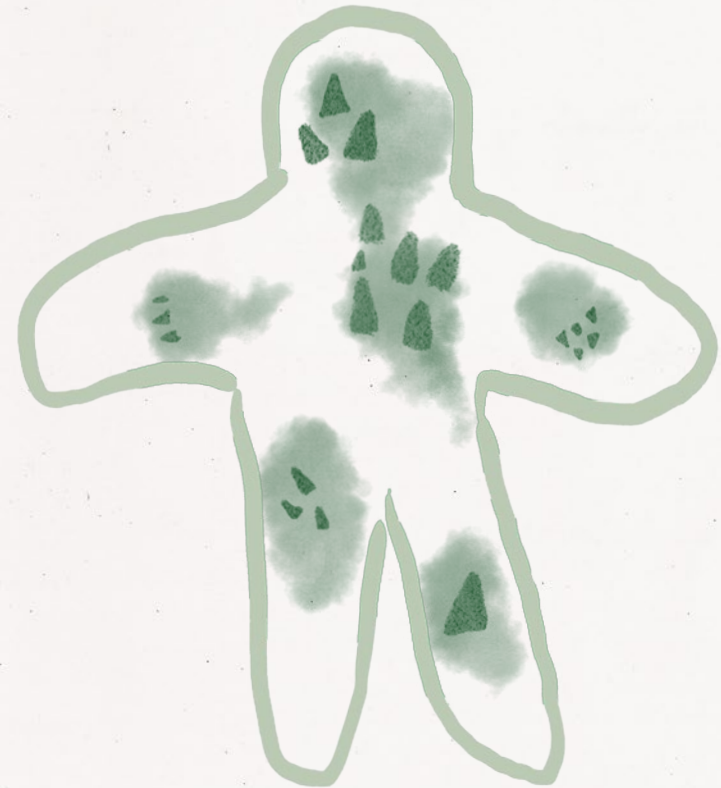


Sometimes I have **big** and
strong feelings crash
together inside my body.

It feels like
they take up all the space
and don't leave room for
anything else, like thinking.



Sometimes it feels *spikey*
and uncomfortable on the
inside with prickly points
I try to keep away from.



Sometimes it feels **heavy** and
cold inside my body. Parts of me
are tired and slow.



Sometimes my insides feel *all shaken up*. What is churning around could *fizz out* and explode at any moment.



Sometimes it can be like there
are no feelings in my body at all.
I am *empty and dull* inside.



Sometimes it feels all
jumbled up inside, like
there is a *traffic jam* in
my body.



Sometimes, my body feelings
come in **gentlY**, and it gets
open, and **light inside**.



What kinds of body feelings have visited you lately?

Relaxed

Fresh

FROZEN

SINKING

FULL

JUMPY

Butterflies

SHAKY

Curvy

POINTY

Tight

OPEN

Floaty

Fizzy

Churning

BLOBBY

WHOOSHING

Tingly

Tangly

Fast

Slow

Tired

SWOLLEN

Scratchy

HEAVY

Overflowing

FOGGY

Loose

Flat

SLIMY

MIXED-UP

JUICY

Itchy

DIZZY

SOLID

Moving

Glowy

NUMB

Zingy

SPACEY

STRONG

HARD

Jumbled

PUFFY

Empty

ACHING

Tense

Smooth

Spreading

Spinning

BALANCED

GROWING

Stretchy

Rough

REACHING

Warm

COLD

Boiling

SHARP

SHAKEN

Rushing

WEAK

Peaceful

Calm

Still

COOLING

SICK

Sweaty

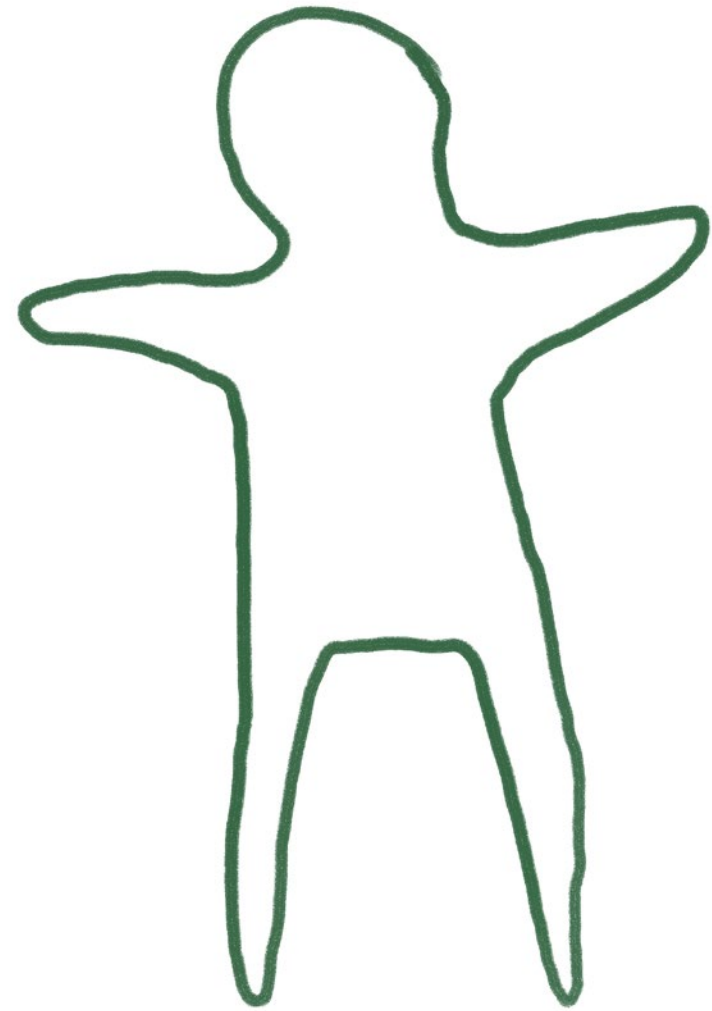
Blushing

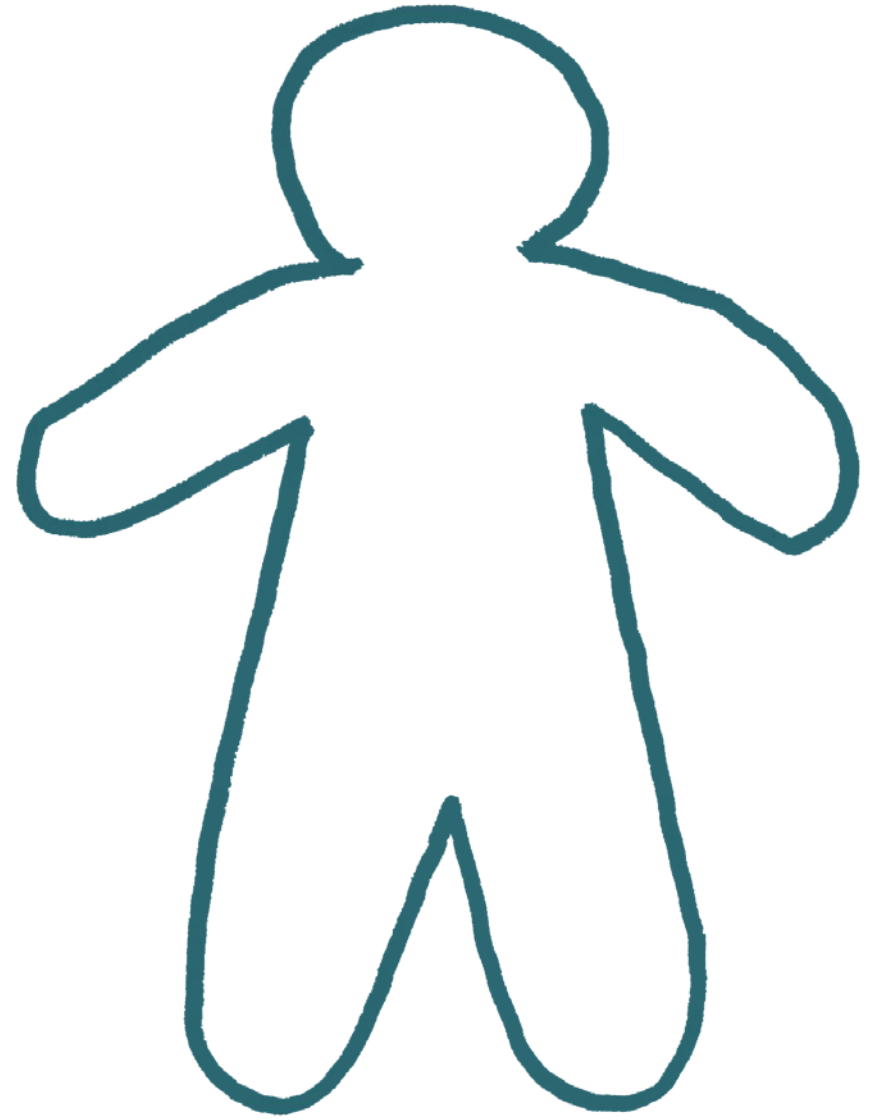
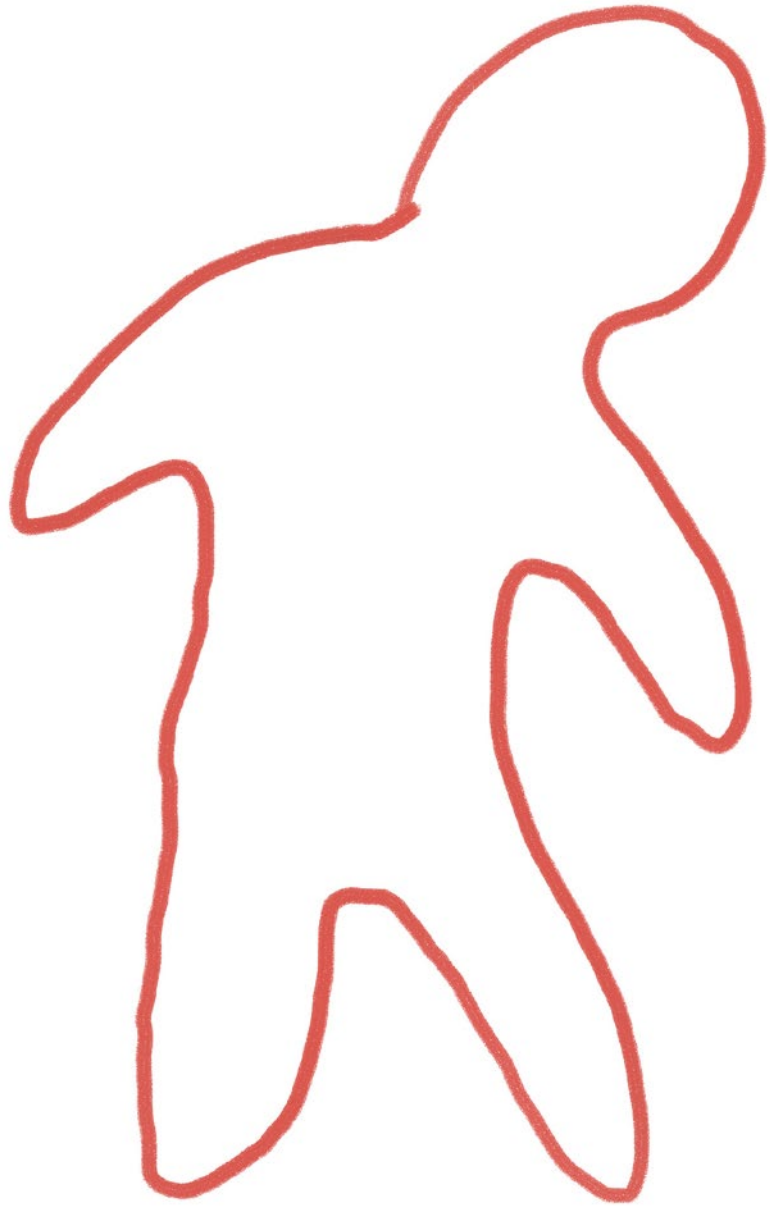
Buzzy

WOBBLY

HOT

What body
feelings
do you have inside
of you right now?







Body feelings are visitors, that come and go.
Some body feelings are more
welcome than others.
They can highlight when things are important,
and when we should pay attention.

The way we experience body feelings is
different for everyone and that is okay.

It can help to share about how
body feelings visit our insides through
art or words or music or movement.

Learning more about body feelings can help
us know more about ourselves and
our amazing changing bodies that never stay
the same for too long.

If you would prefer, draw your own
body shape and the feelings you have
inside of you right now



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