

WHAT'S HAPPENING in My Body?

Lift-a-Flap Printables



Identify
physiological signs
of emotions and
calming strategies
to manage them

I feel worried. What's happening in my body?



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Think of 1 thing
you see, hear,
feel, smell, and
taste.

Think of 1 thing
you see, hear,
feel, smell, and
taste.

Brows furrowed
Teeth clenched
or chattering.

Stomach in
knots
Heart pounding

I feel worried. What's happening in my body?



Thoughts racing
Thinking of
all the things
that could
happen.

Brows furrowed
Teeth clenched
or chattering.

Stomach in
knots
Heart pounding

Need to use
the bathroom

Feet jittery
or ready to
run away

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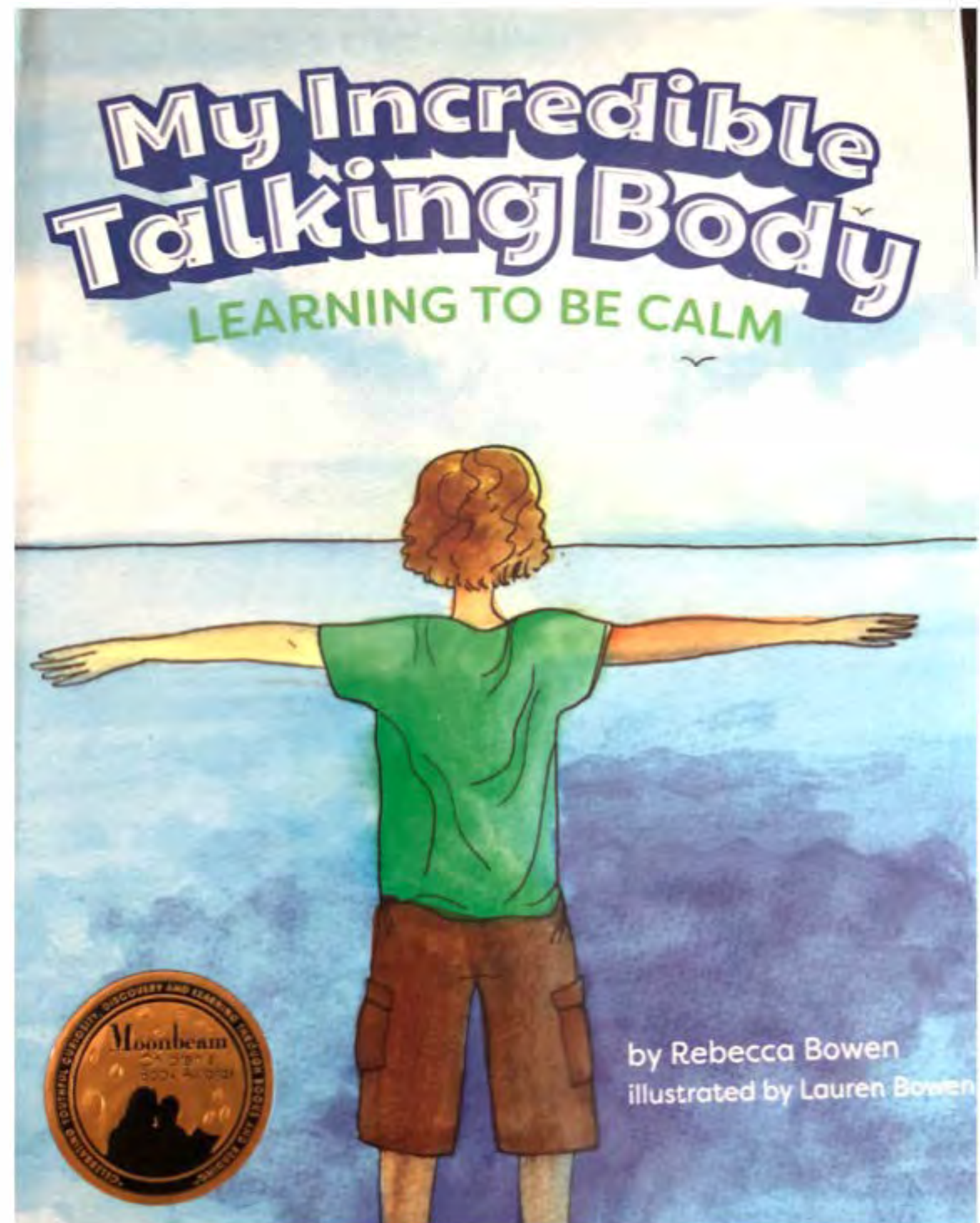
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INSTRUCTIONS

Read a book about the physiological signs of feelings and discuss calming strategies. My pick for this activity (click the picture for an affiliate Amazon link:



CRAFT

1. Cut around whole shape of the top "What's happening in my body?" rectangle and the bottom calming strategies rectangle.
2. On the top rectangle, cut along horizontal lines from the right until you reach the vertical dashed line.
3. Glue the "What's happening in my body?" rectangle on top of the calming strategies rectangle, placing glue under the vertical title column and the body.
4. Lift the third column flap to reveal calming strategies.

I feel angry. What's happening in my body?



Angry thoughts
or words inside
my head

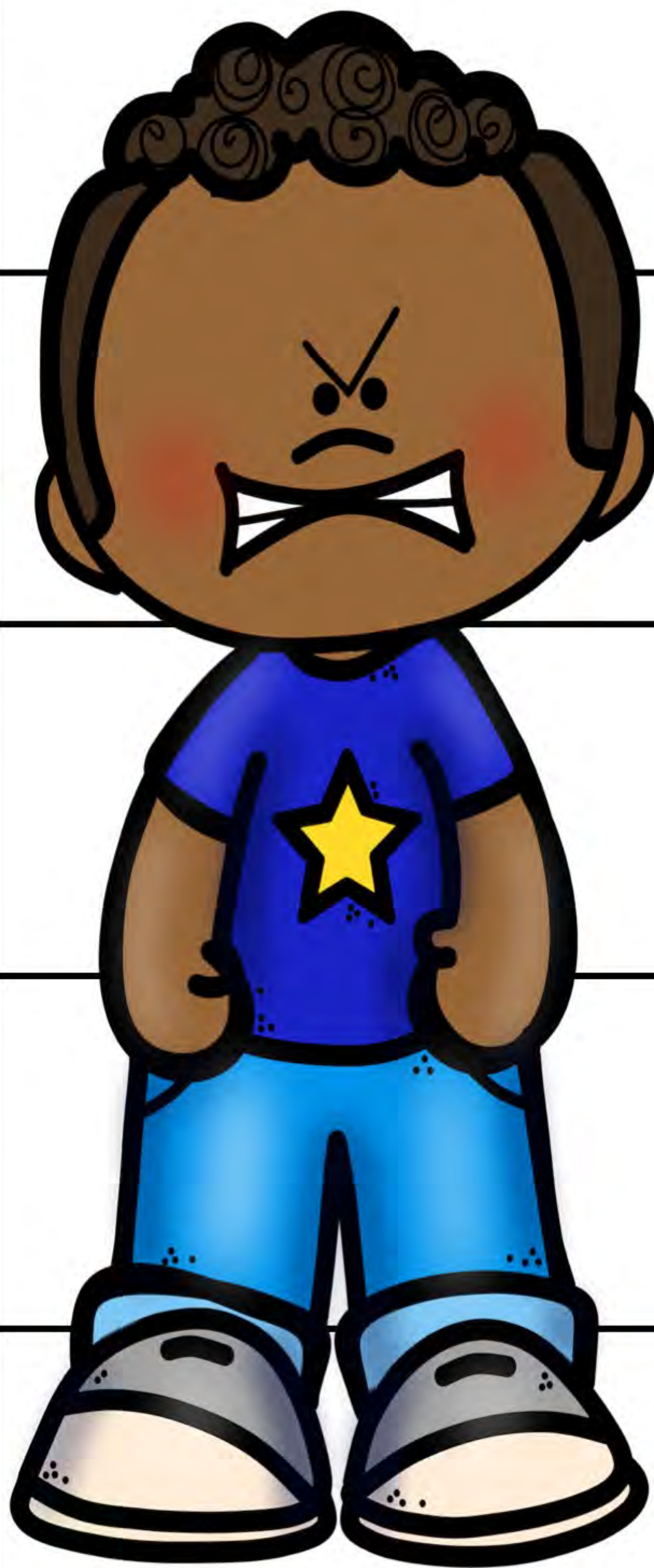
Eyebrows clenched
Face frowning or
scowling

Heart pounding
Fists clenched

Stomach in knots

Legs ready to run
Feet jittery or
sweating

I feel angry. What's happening in my body?



Angry thoughts
or words inside
my head

Eyebrows clenched

Face frowning or
scowling

Heart pounding

Fists clenched

Stomach in knots

Legs ready to run

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I feel angry. What's happening in my body?



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or words inside
my head

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Heart pounding

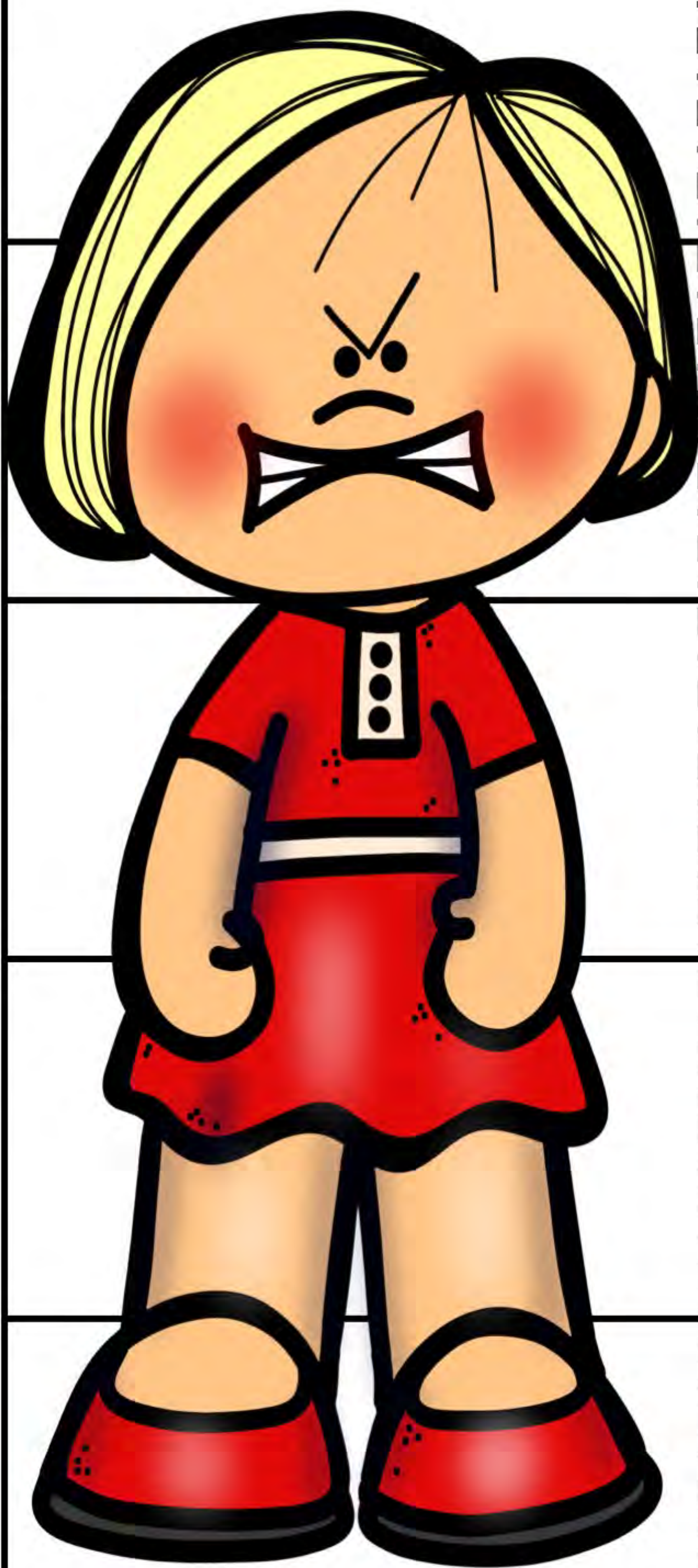
Fists clenched

Stomach in knots

Legs ready to run

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I feel angry. What's happening in my body?



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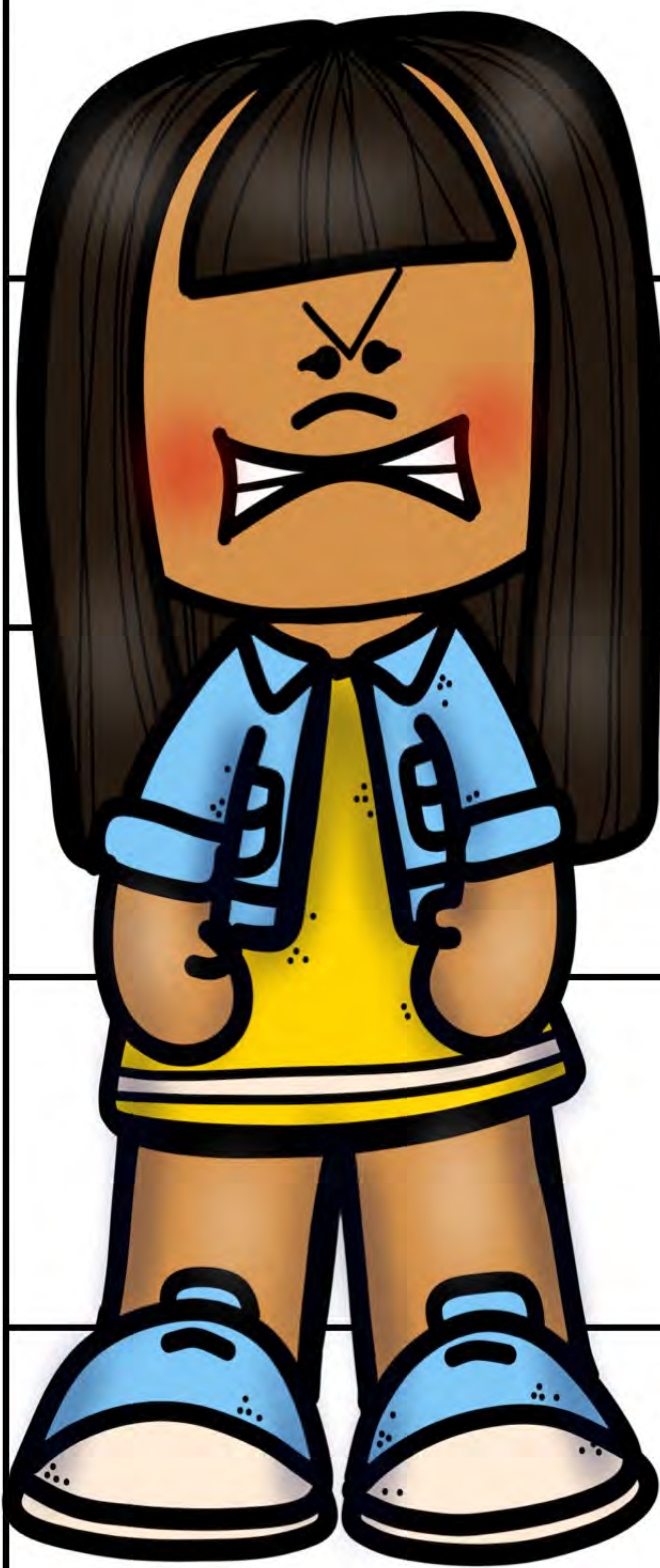
Fists clenched

Stomach in knots

Legs ready to run

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I feel angry. What's happening in my body?



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Heart pounding

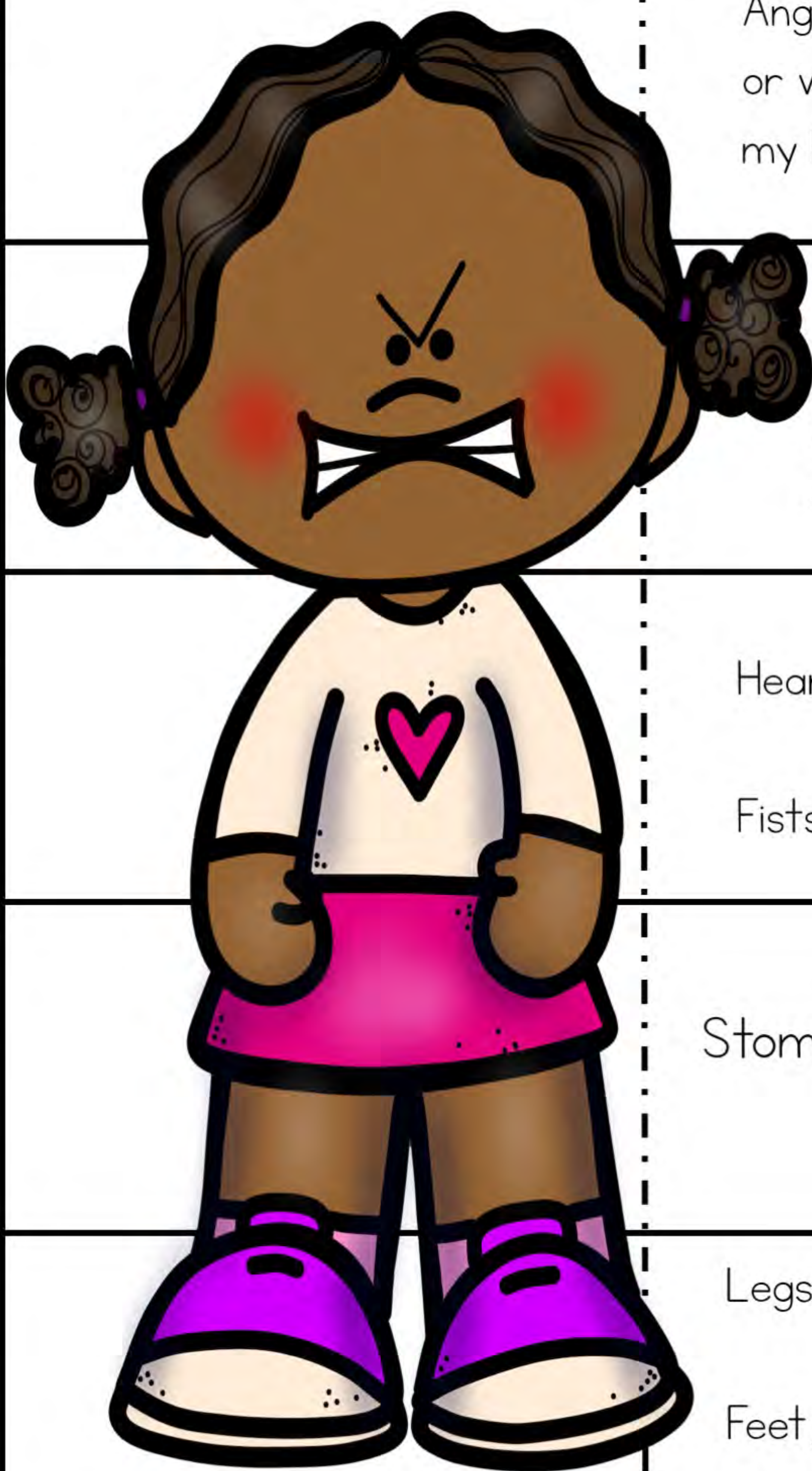
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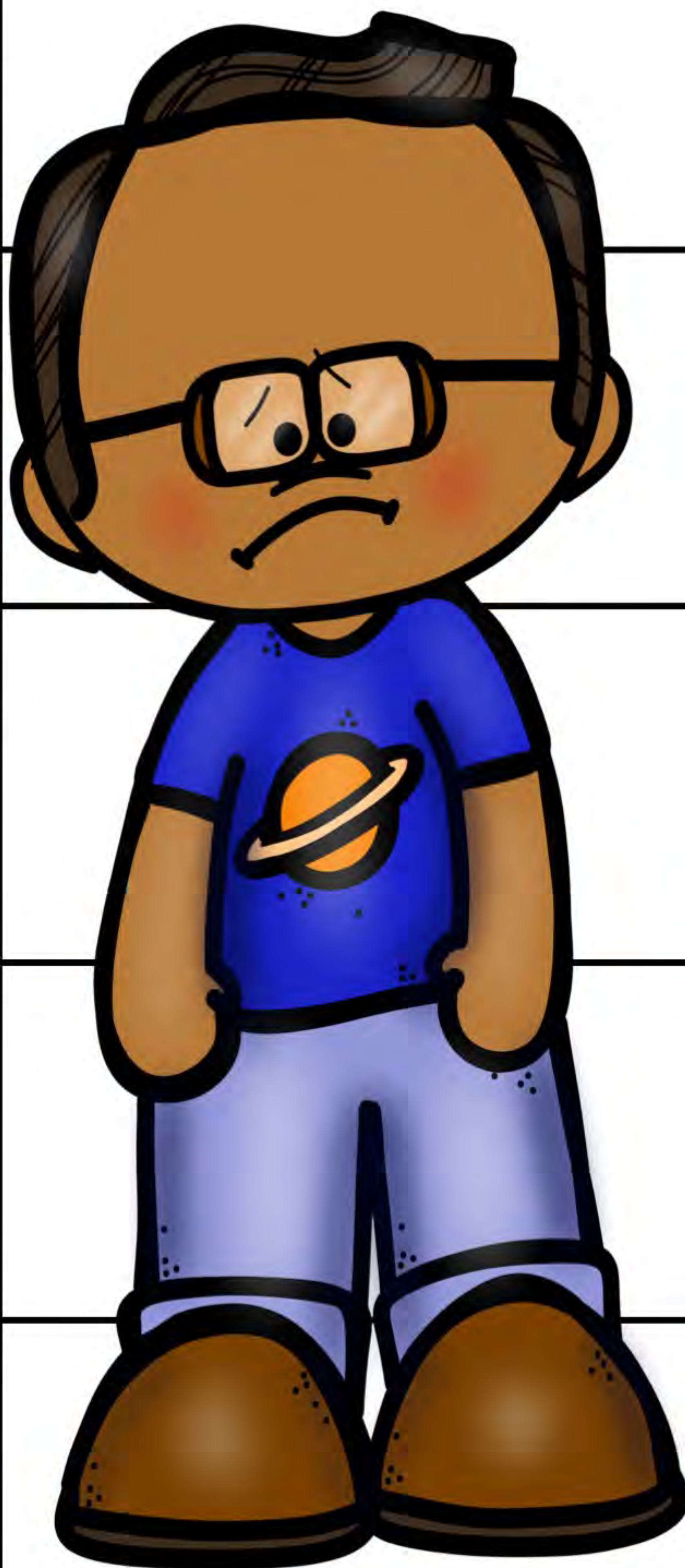
Stomach in knots

Legs ready to run

Feet jittery or
sweating

		<ul style="list-style-type: none">Stop. Take a deep breath. Think of 3 things that make you feel happy before you say anything. Remind yourself that it's okay to be angry, but it is not okay to hurt yourself, other people, or property.
		<ul style="list-style-type: none">Relax your face. Massage the sides of your head. Smile even if you don't feel like it.
		<ul style="list-style-type: none">Deeply breathe in counting to 5. Slowly breathe out counting to 7. Repeat 5 times. Open and close your hands 10 times. Clasp your hands together.
		<ul style="list-style-type: none">Stand up straight and stretch out your abdomen/belly. Slowly twist from side to side.
		<ul style="list-style-type: none">With open palms, rub your legs up and down. Roll your feet around at the ankle 5 times clockwise and 5 times counterclockwise.
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I feel embarrassed: What's happening in my body?



Thoughts racing

Feeling inadequate

Cheeks or whole face red

Eyebrows clenched

Covering face with hands

Eyes down

Tears

Heart pounding

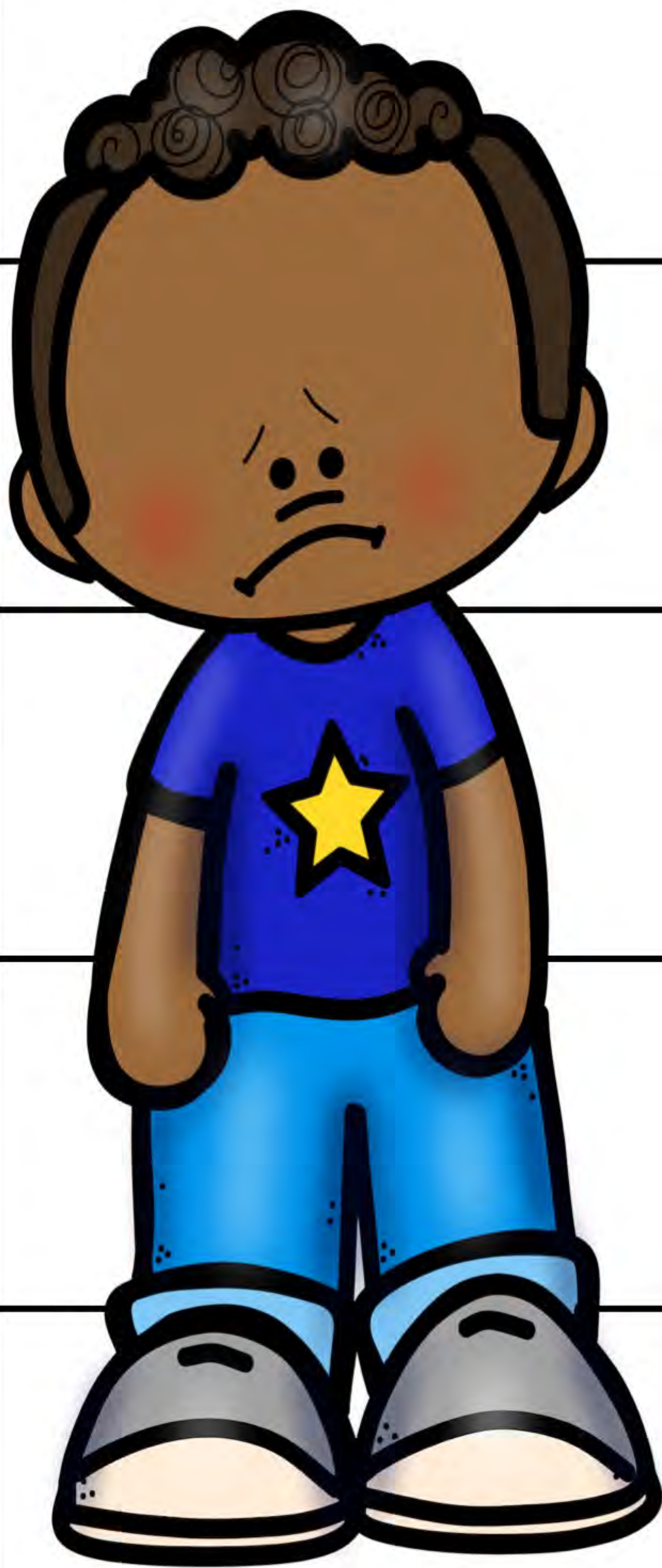
Stomach in knots

Legs ready to run

Knees weak

Feet jittery or sweating

I feel embarrassed: What's happening in my body?



Thoughts racing

Feeling inadequate

Cheeks or whole face red

Eyebrows clenched

Covering face with hands

Eyes down

Tears

Heart pounding

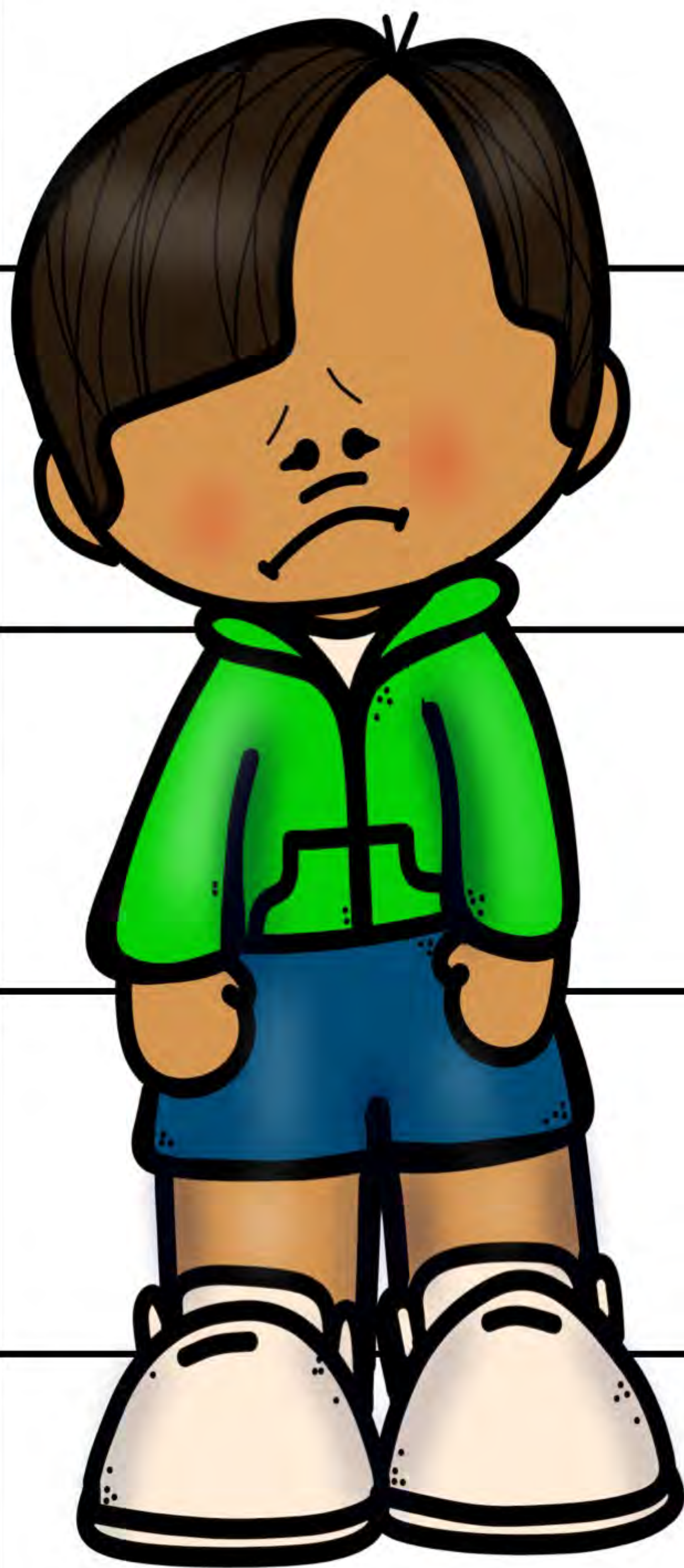
Stomach in knots

Legs ready to run

Knees weak

Feet jittery or
sweating

I feel embarrassed: What's happening in my body?



Thoughts racing

Feeling inadequate

Cheeks or whole face red

Eyebrows clenched

Covering face with hands

Eyes down

Tears

Heart pounding

Stomach in knots

Legs ready to run

Knees weak

Feet jittery or sweating

I feel embarrassed: What's happening in my body?



Thoughts racing

Feeling inadequate

Cheeks or whole face red

Eyebrows clenched

Covering face with hands

Eyes down

Tears

Heart pounding

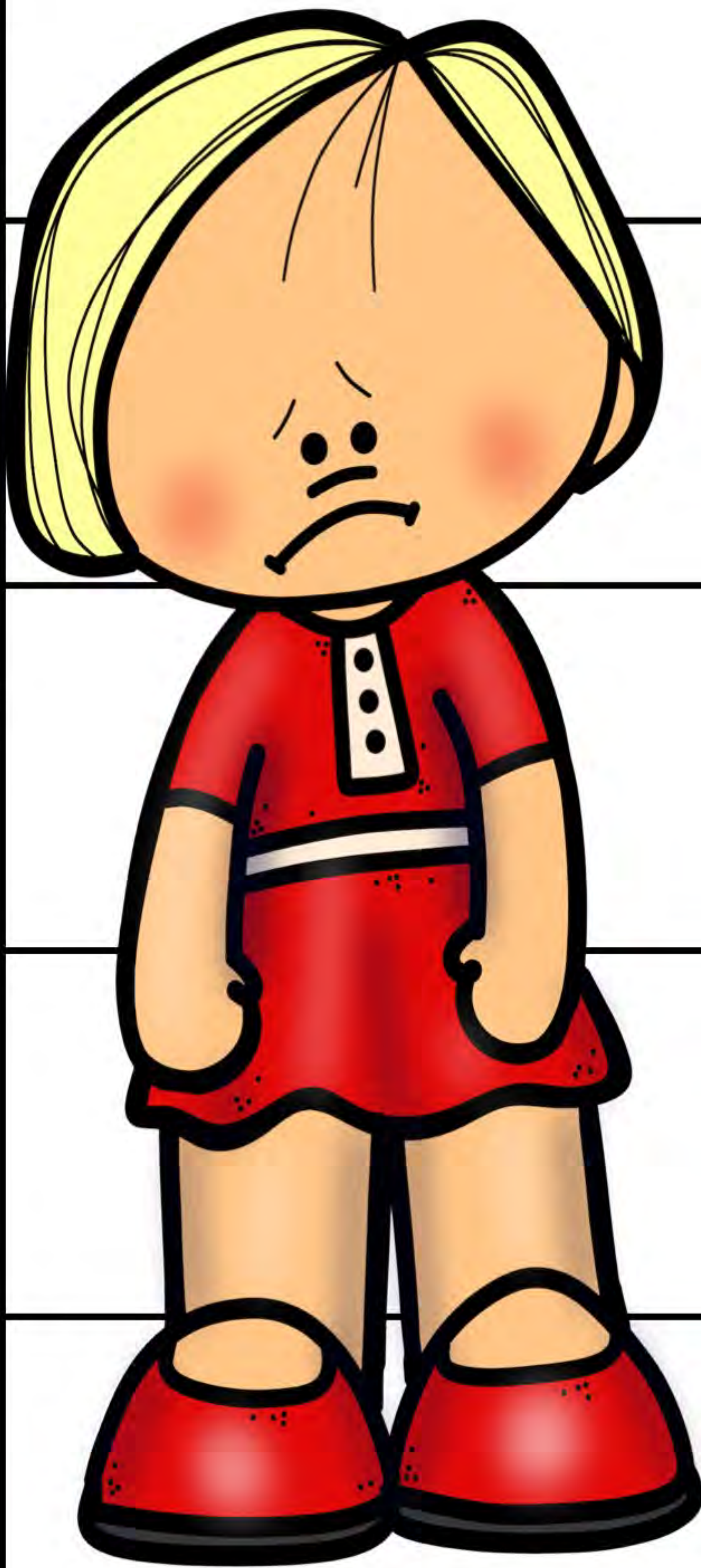
Stomach in knots

Legs ready to run

Knees weak

Feet jittery or sweating

I feel embarrassed: What's happening in my body?



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Eyebrows clenched

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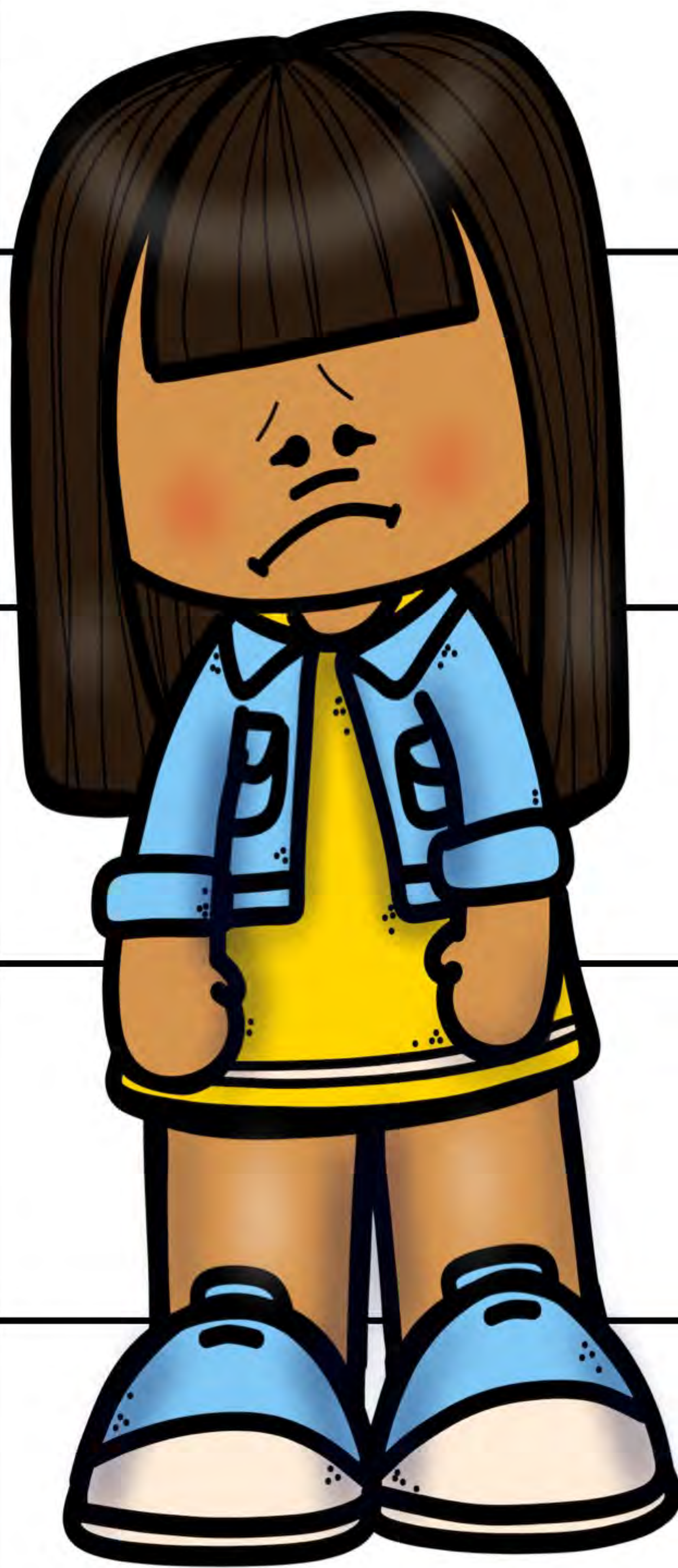
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Legs ready to run

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Feeling inadequate

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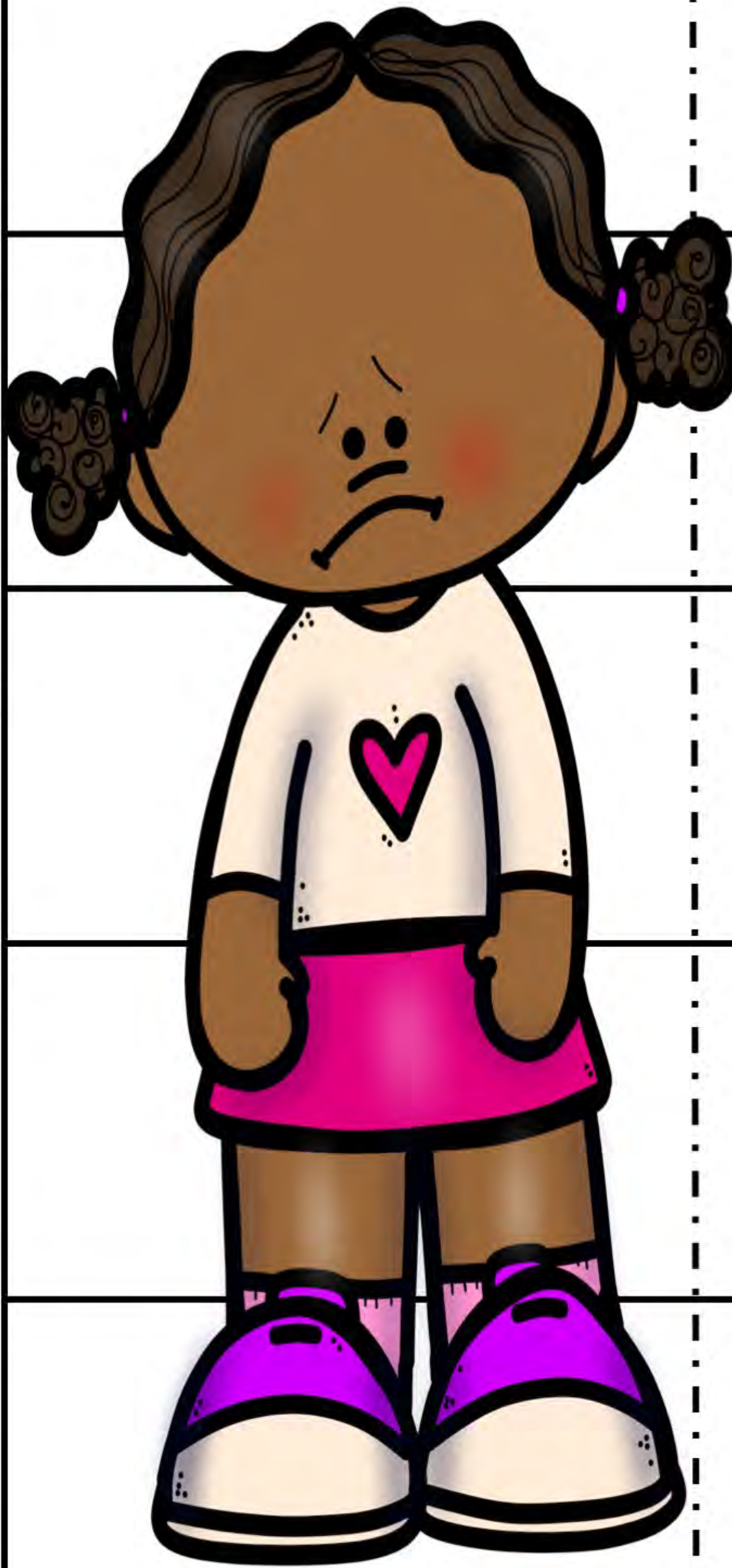
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Heart pounding

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Legs ready to run

Knees weak

Feet jittery or
sweating

		<p>Think of something that always makes you happy. Remind yourself that everyone makes mistakes - it's okay to feel embarrassed.</p>
		<p>Wipe your tears. Uncover your face, and smile! It's okay to laugh at yourself a little if you feel comfortable! If someone else is making you feel embarrassed, it's okay to speak up. Say, "I feel uncomfortable. Please stop."</p>
		<p>Sit down. Deeply breathe in counting to 5. Slowly breathe out counting to 7. Repeat 10 times.</p>
		<p>Stand up straight and stretch out your abdomen/belly. Slowly twist from side to side.</p>
		<p>With open palms, rub your legs up and down. Roll your feet around at the ankle 5 times clockwise and 5 times counterclockwise. It's okay to walk away from an embarrassing situation.</p>
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I feel sad. What's happening in my body?



Head filled with sad thoughts

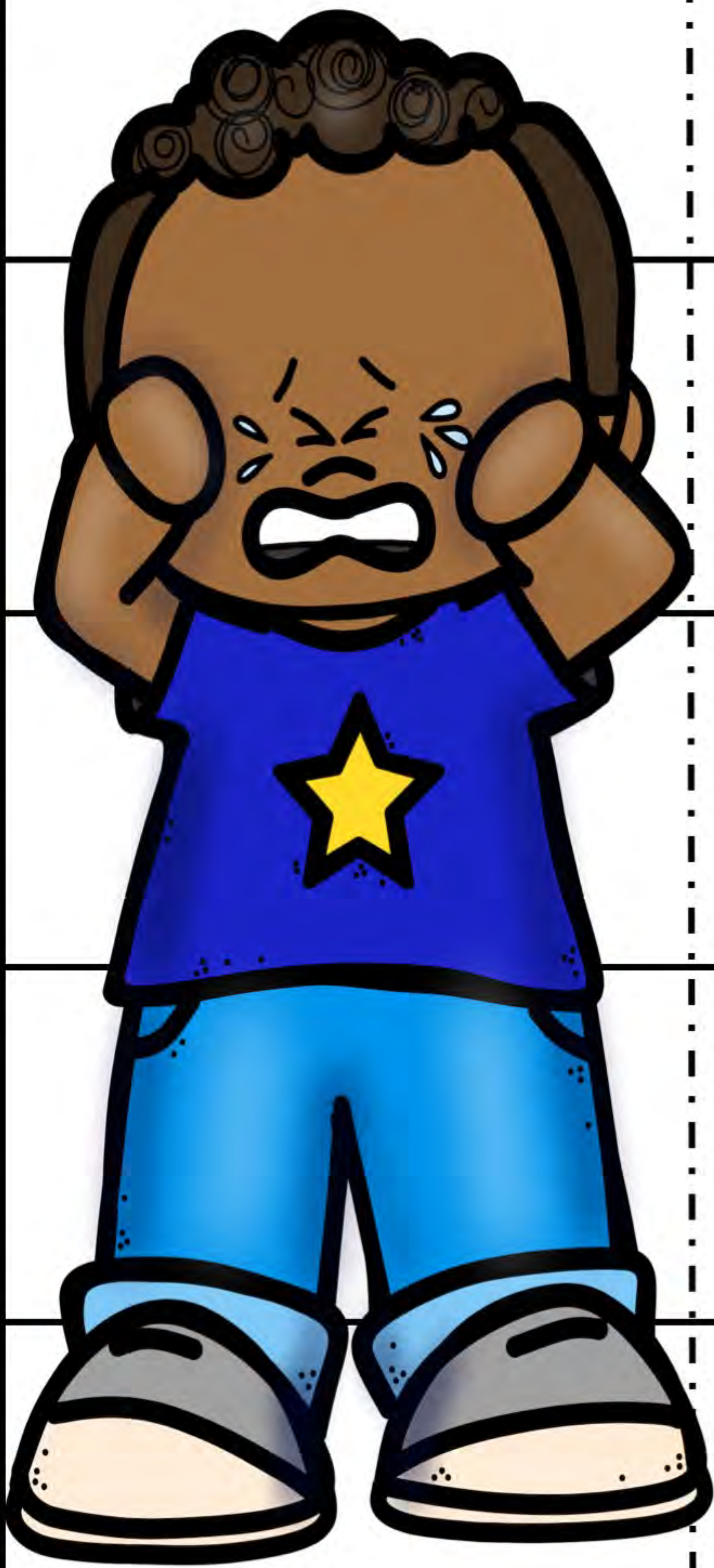
Eyes looking down
Hands covering eyes
Tears
Mouth turned down

Shoulders hunched
Heart ache
Tight stomach

Legs feel like lead
Legs can't move

Feet jittery or moving slowly

I feel sad. What's happening in my body?



Head filled with sad thoughts

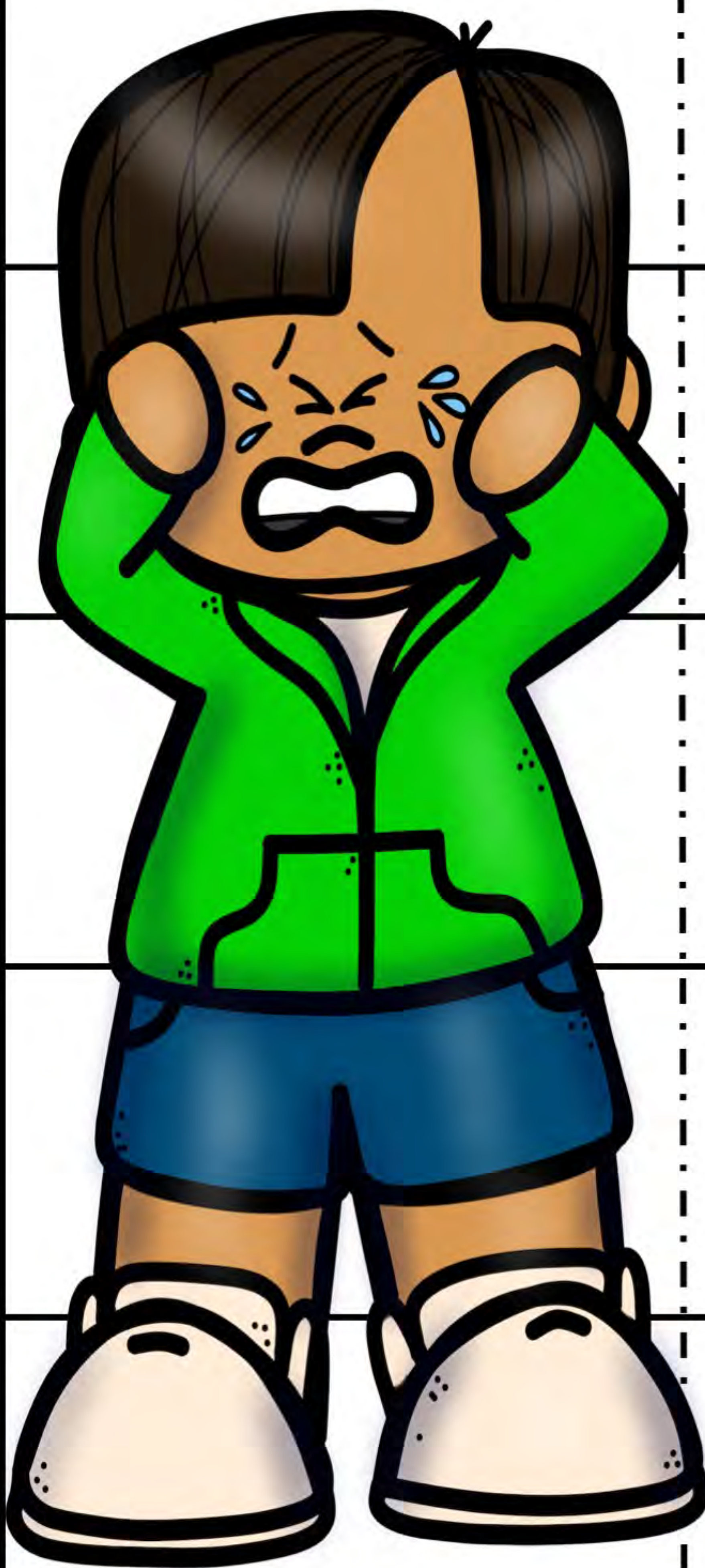
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Legs feel like lead
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I feel sad. What's happening in my body?



Head filled with sad thoughts

Eyes looking down
Hands covering eyes
Tears
Mouth turned down

Shoulders hunched
Heart ache
Tight stomach

Legs feel like lead
Legs can't move

Feet jittery or moving slowly

I feel sad. What's happening in my body?



Head filled with
sad thoughts

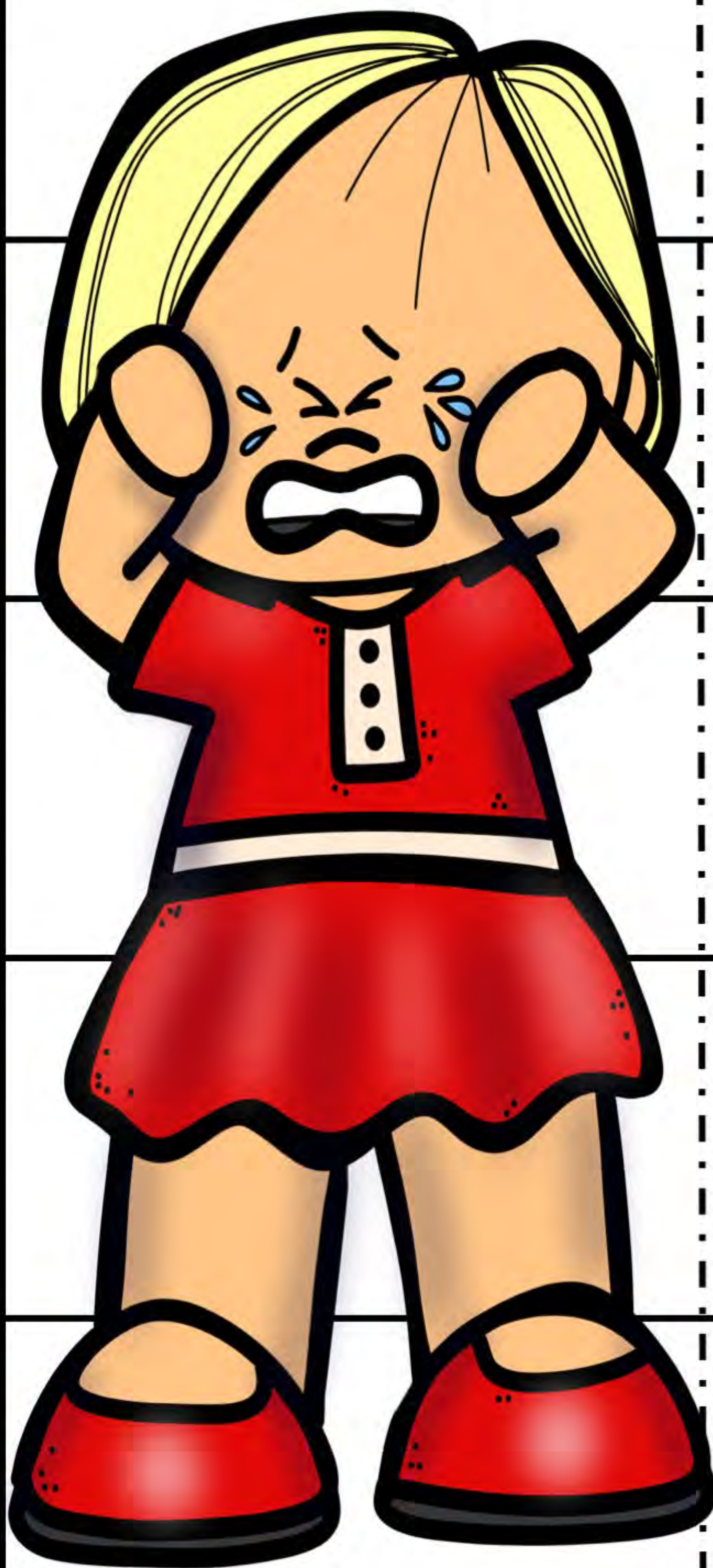
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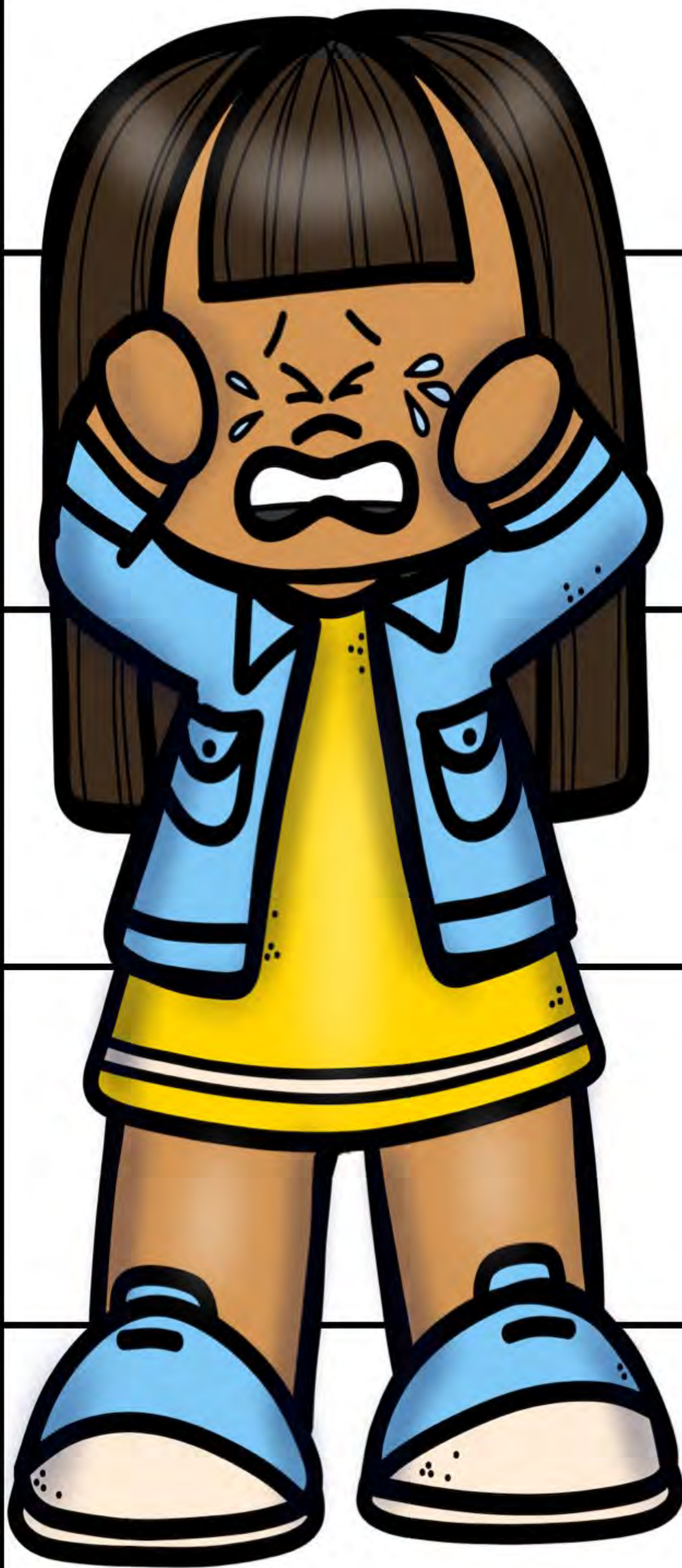
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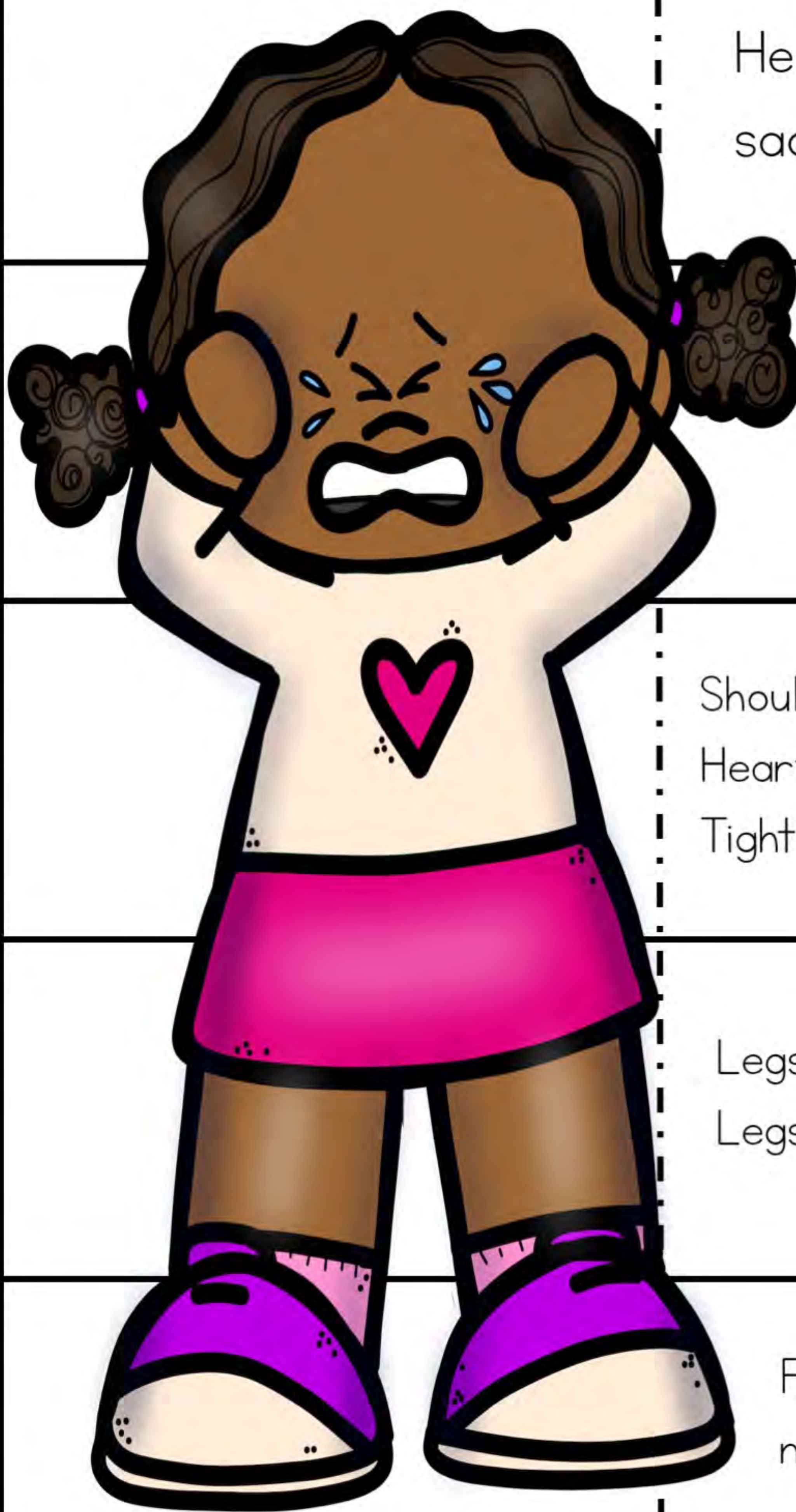
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Heart ache
Tight stomach

Legs feel like lead
Legs can't move

Feet jittery or
moving slowly

		<p>Acknowledge that something is making you feel sad. Try to think of something happy in the future.</p> <p>Make a mental list of people you can talk to.</p>
		<p>Wipe your tears. Get a tissue.</p> <p>Remember that it's okay to cry.</p>
		<p>Roll your shoulders backwards 5 times.</p> <p>Roll your shoulders forward 5 times. Try to sit up straight with proud shoulders.</p> <p>Write about how you are feeling in your journal. End your note with a plan to do something that makes you happy.</p>
		<p>Find something soft, squishy or textured to hold on your hands. Roll it around between your two hands.</p> <p>Or use your hands for writing in your journal, writing a letter to someone, or drawing a picture!</p>
		<p>Sit down and relax for a while. Get comfortable in a chair, on the couch, or on the floor, or go for a walk outside with a friend.</p>
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I feel scared. What's happening in my body?



Hard to think
Thoughts racing

Eye brows raised
Eyes wide
Mouth open
Mouth dry
Maybe screaming

Heart pounding
Hands covering
mouth or eyes
Palms sweating

Stomach in knots
Might need to use the
bathroom

Legs ready to run
Feet jittery or
sweating

I feel scared. What's happening in my body?



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Eye brows raised
Eyes wide
Mouth open
Mouth dry
Maybe screaming

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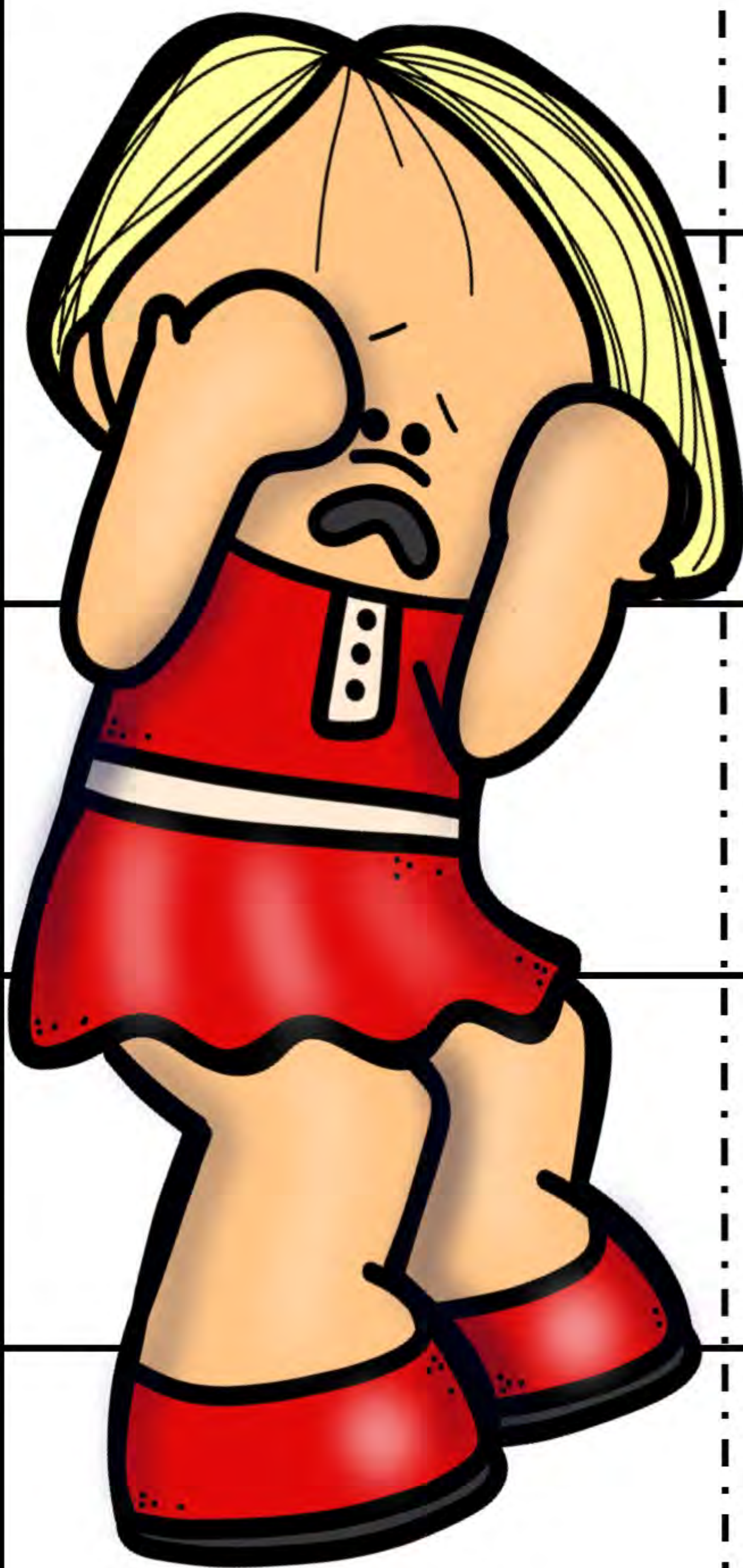
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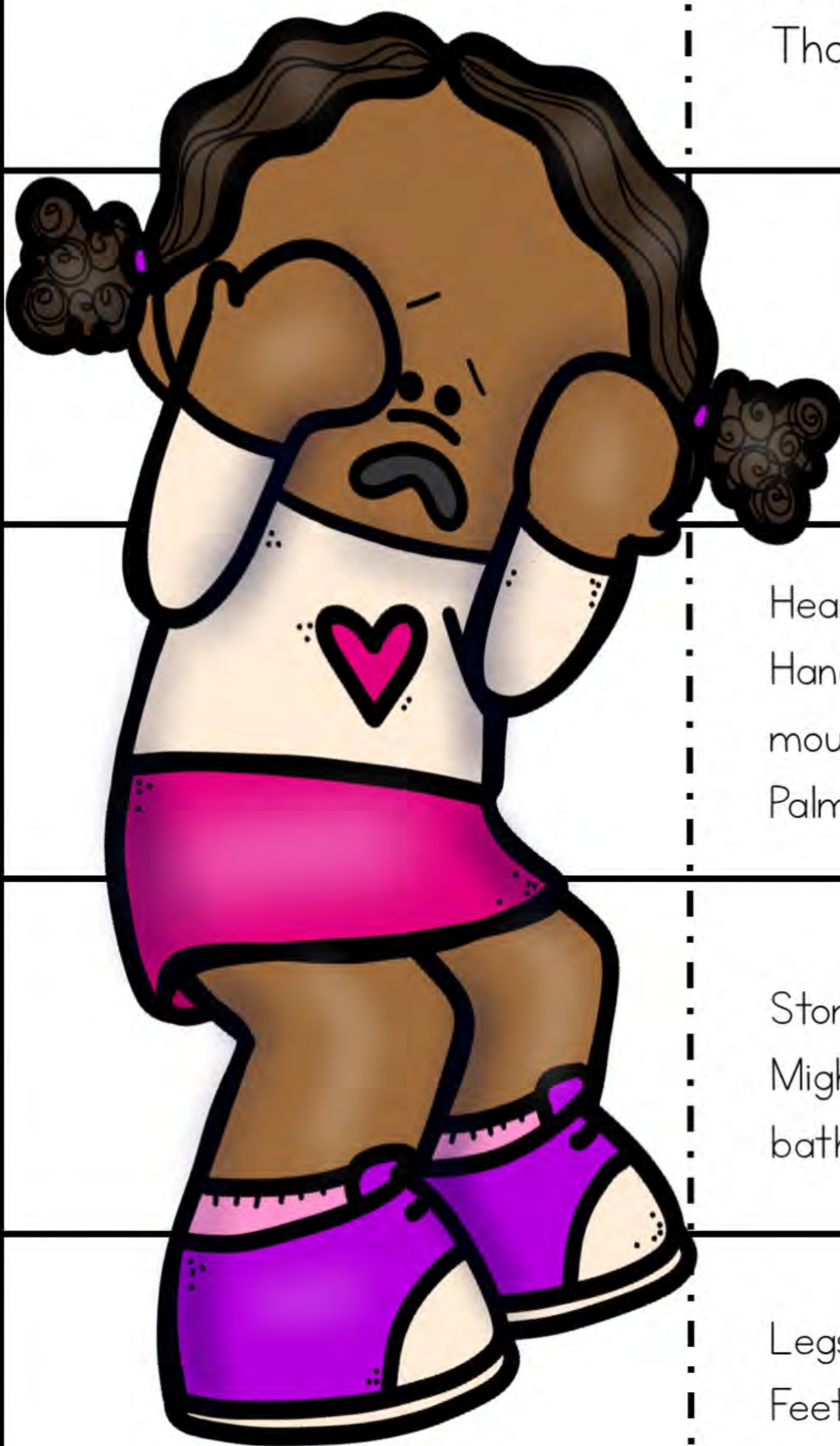
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Legs ready to run
Feet jittery or
sweating

		<p>If you are in immediate danger, run to safety! Pause. Immediately think of 1 thing you see, 1 thing you hear, 1 thing you smell, 1 thing you feel, and 1 thing you taste.</p>
		<p>Wipe your eyes, look around to assess the scene for safety. Use your mouth to call for help if you need to.</p>
		<p>Deeply breathe in counting to 5. Slowly breathe out counting to 7. Repeat 5 times. Open and close your hands 10 times. Clasp your hands together.</p>
		<p>Sit or stand up straight and stretch out your abdomen/belly. Slowly twist from side to side.</p>
		<p>Use legs to run to safety if necessary! Otherwise, walk to a safe place or to a safe person to talk about the situation.</p>

I feel worried. What's happening in my body?



Hard to think clearly
Thoughts racing
Negative thoughts or assumptions

Eyebrows raised
Eyes wide
Frowning
Teeth chattering

Heart pounding
Fingers jittery
Palms sweating

Stomach in knots

Legs ready to run
Feet jittery or sweating

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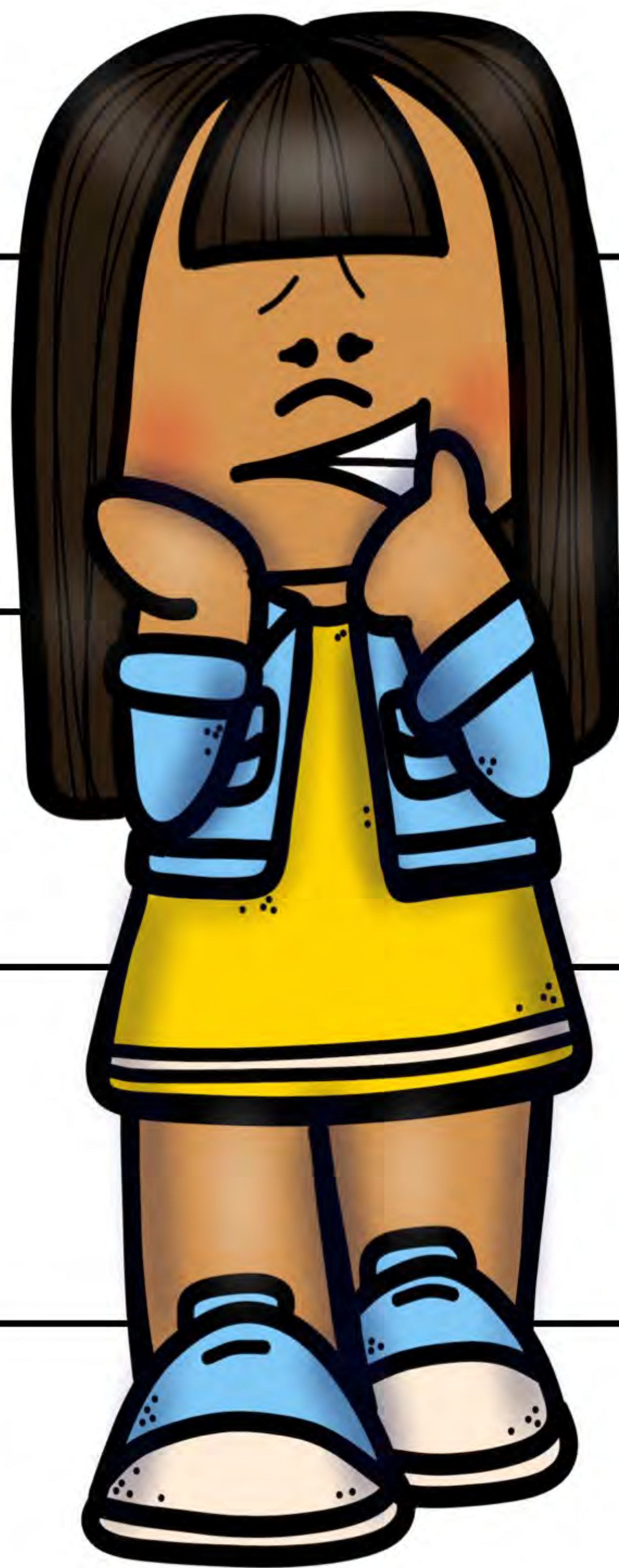
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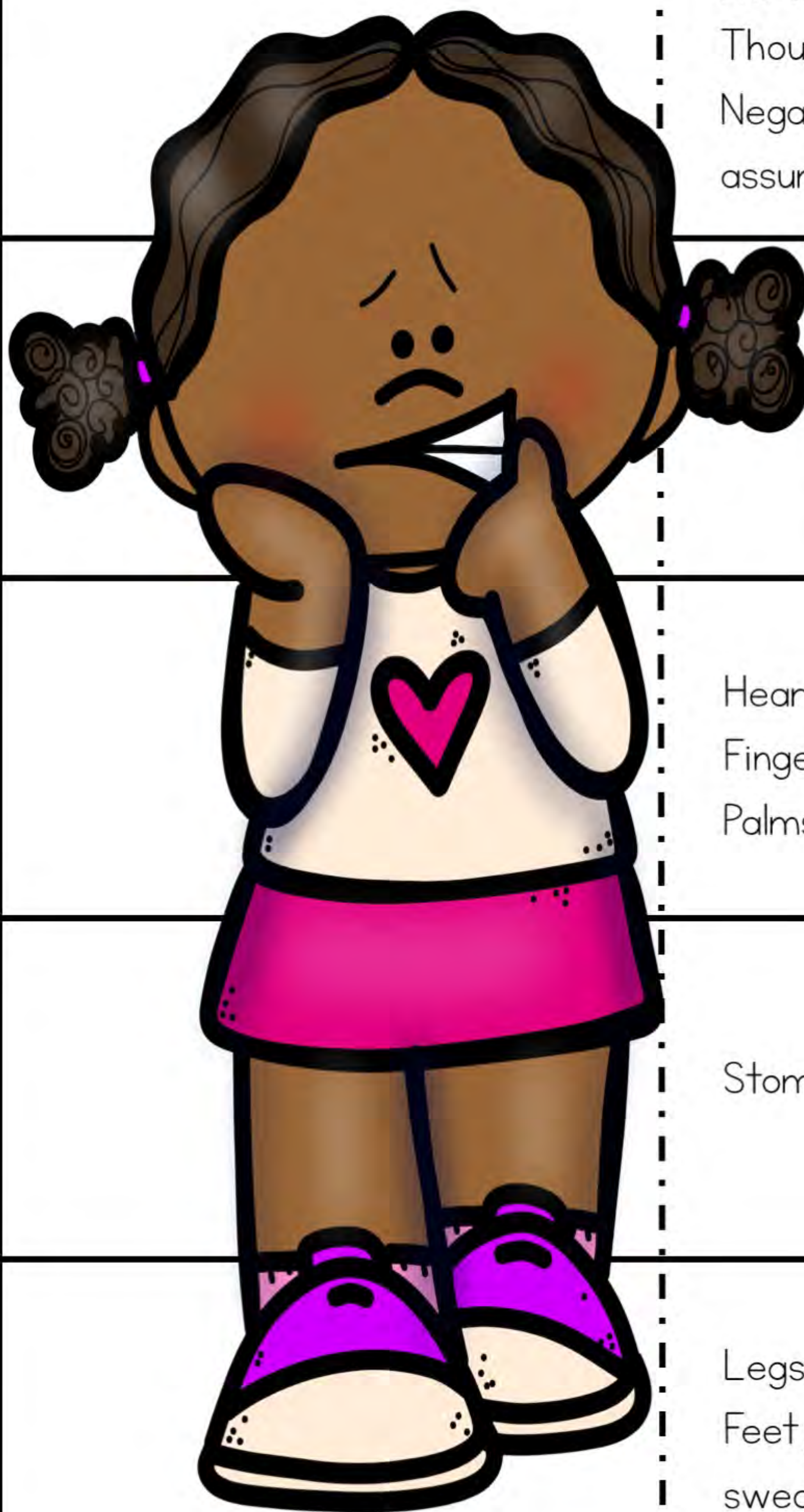
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Palms sweating

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Legs ready to run
Feet jittery or sweating

I feel worried. What's happening in my body?

Stop. Take a 5 deep breaths.
Imagine a calm place where you
feel safe. Think of I think you see, I
think you hear, I thing you smell, I
thing you feel, and I thing you
taste.

Relax your face. Massage the sides
of your head. Use your mouth to
express how you feel to someone
you trust.

Deeply breathe in counting to 5.
Slowly breathe out counting to 7.
Repeat 5 times. Open and close
your hands 10 times. Clasp your
hands together or squeeze a stress
ball.

Sit or stand up straight and stretch
out your abdomen/belly. Slowly
twist from side to side.

With open palms, rub your legs up
and down. Roll your feet around at
the ankle 5 times clockwise and 5
times counterclockwise. Walk to a
safe place or to a safe person to
talk about the situation.

I feel surprised. What's happening in my body?



Thoughts jolted
Trying to make sense
of the event

Eyebrows raised
Eyes wide
Mouth open
Gasping

Heart pounding
Shoulders tense
Palms sweating

Stomach in knots

Legs tense
Maybe jumping back

I feel surprised. What's happening in my body?



Thoughts jolted
Trying to make sense
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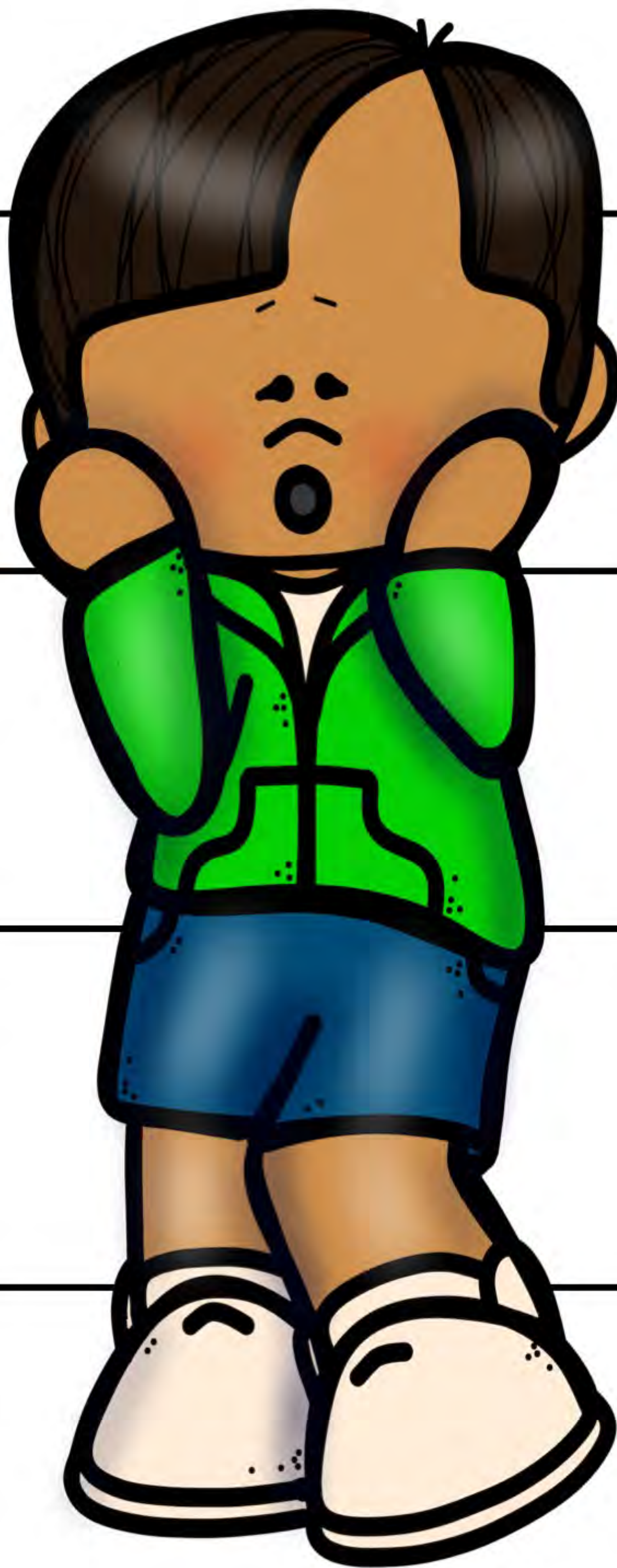
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Trying to make sense
of the event

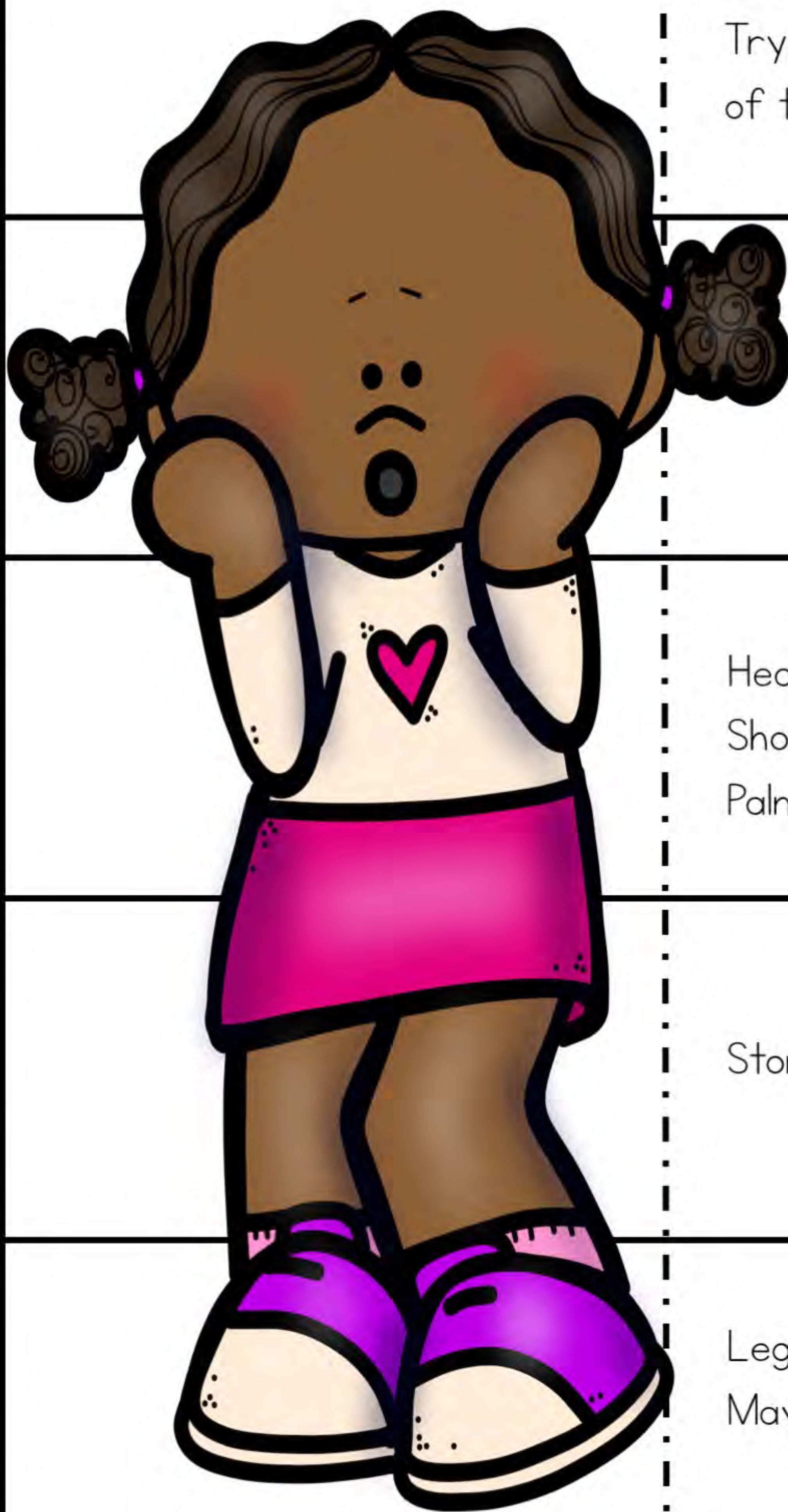
Eyebrows raised
Eyes wide
Mouth open
Gasping

Heart pounding
Shoulders tense
Palms sweating

Stomach in knots

Legs tense
Maybe jumping back

I feel surprised. What's happening in my body?



Thoughts jolted
Trying to make sense
of the event

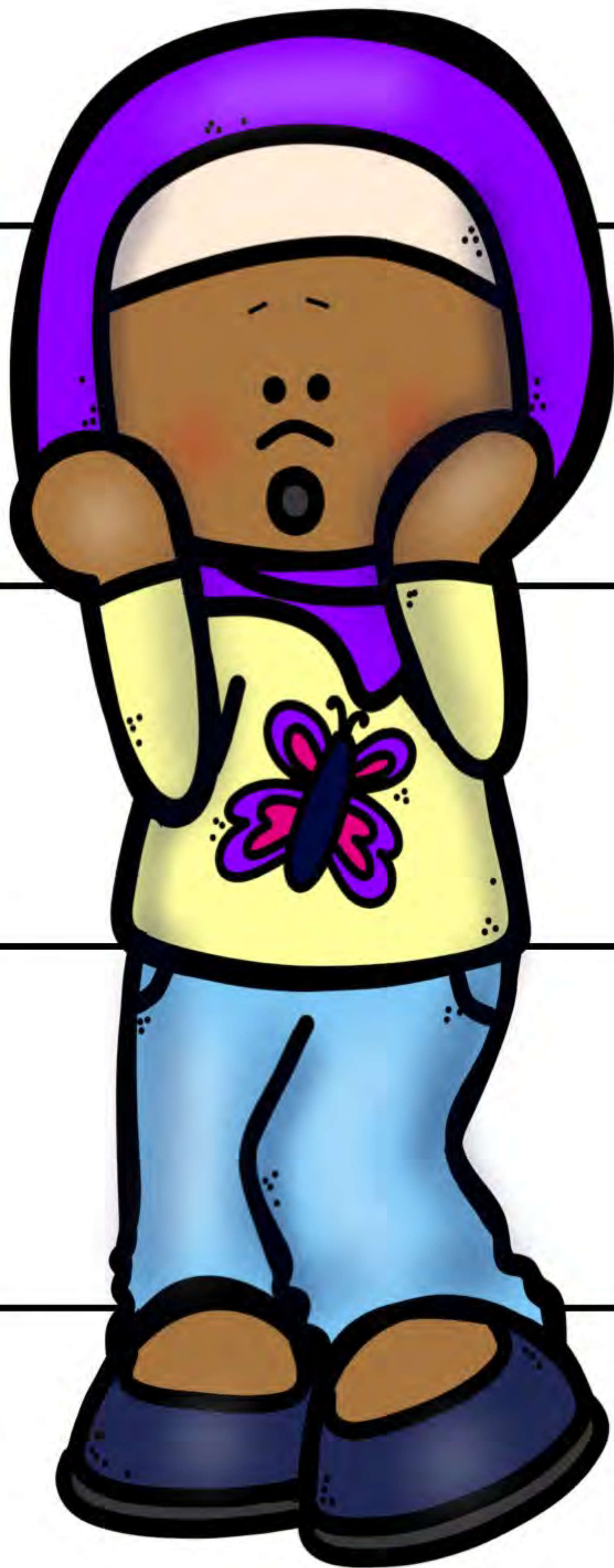
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Legs tense
Maybe jumping back

I feel surprised. What's happening in my body?

Think of 1 thing you see, 1 thing you hear, 1 thing you smell, 1 thing you feel, and 1 thing you taste.

Relax your face. Massage the sides of your head. Use your mouth to express how you feel.

Deeply breathe in counting to 5. Slowly breathe out counting to 7. Repeat 5 times. Roll your shoulders forward 5 times and backwards 5 times. Shake out your arms.

Sit or stand up straight and stretch out your abdomen/belly. Slowly twist from side to side.

Rub or shake out your legs. Sit down if you need to.

I feel shy.

What's happening
in my body?



Thoughts about what
might happen
Nervous thoughts
Fear of rejection

Eyebrows low
Eyes looking down
Mouth quiet

Heart pounding
Shoulders slumped down
Palms sweating

Stomach in knots

Legs weak
Legs wanting to walk
away and hide

What's happening
in my body?

I feel shy.



Thoughts about what
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Nervous thoughts
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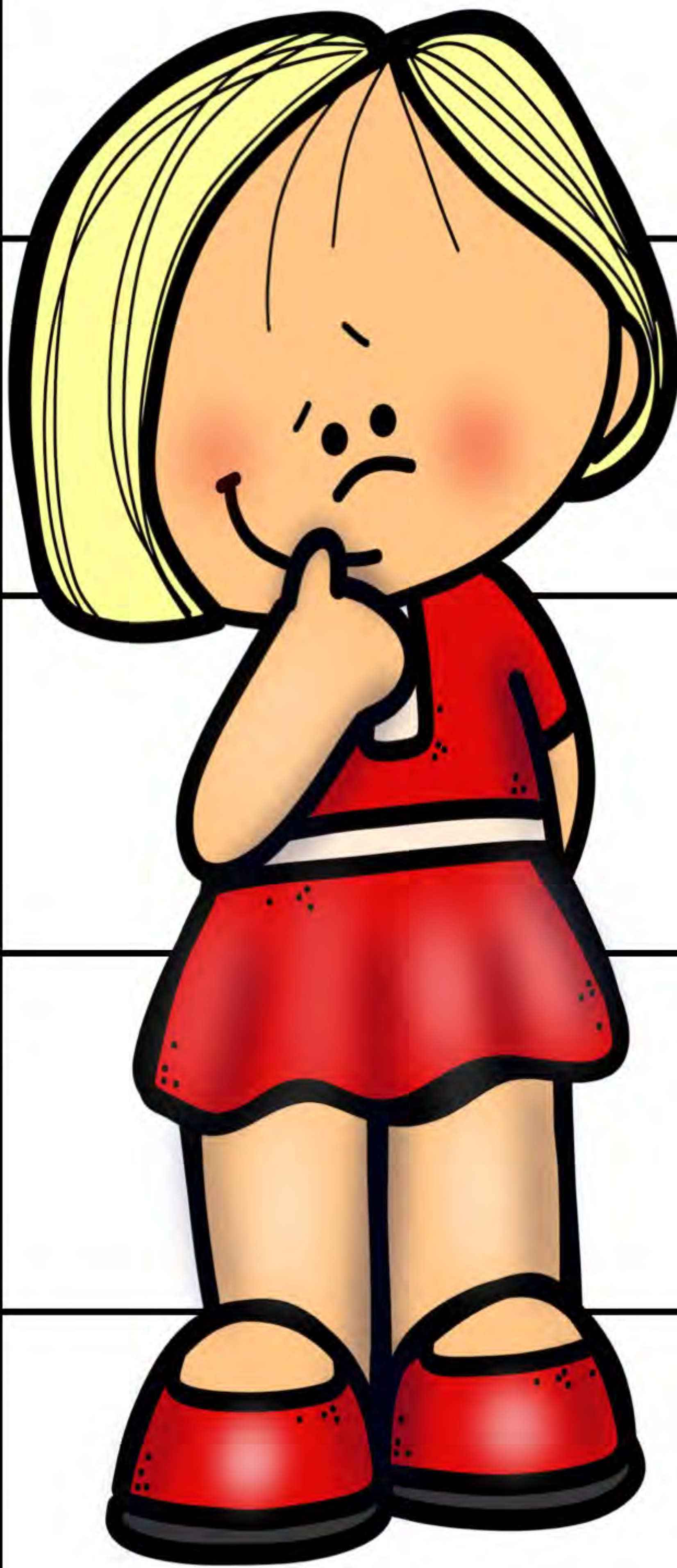
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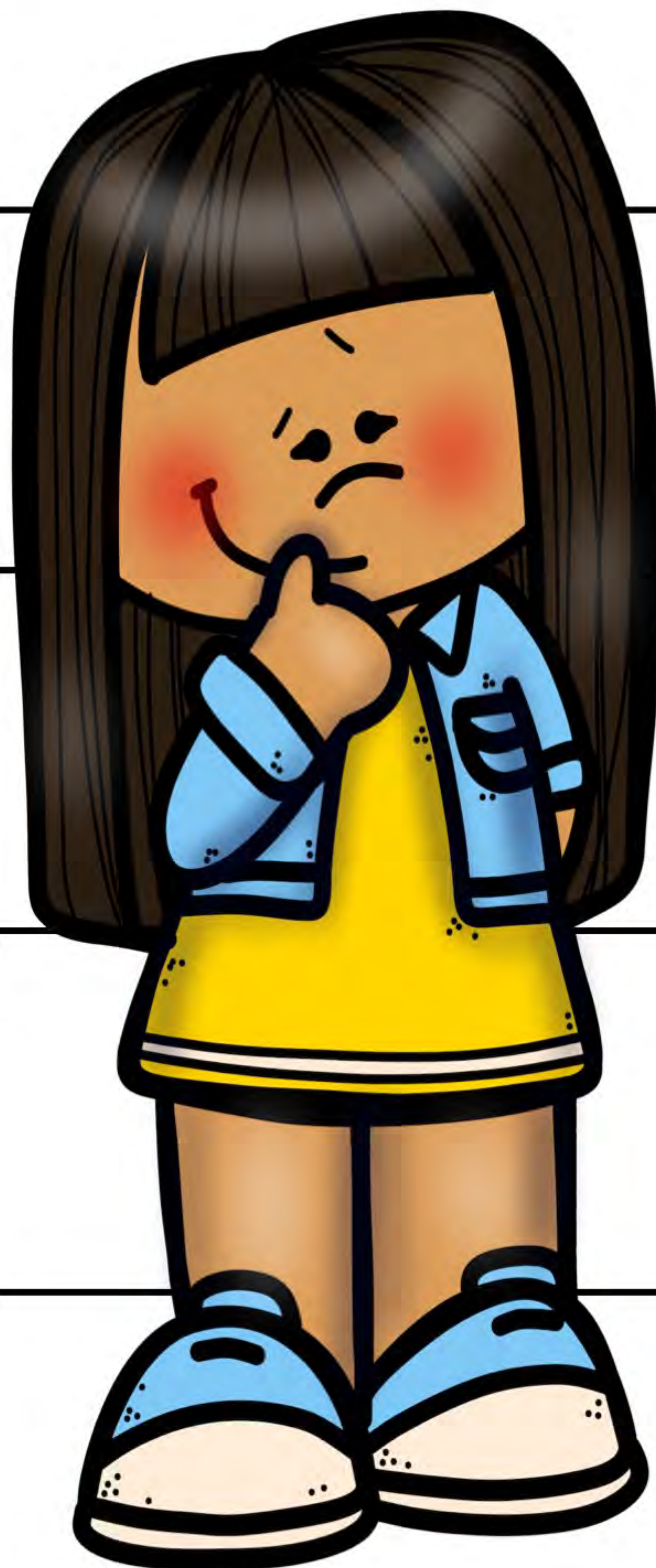
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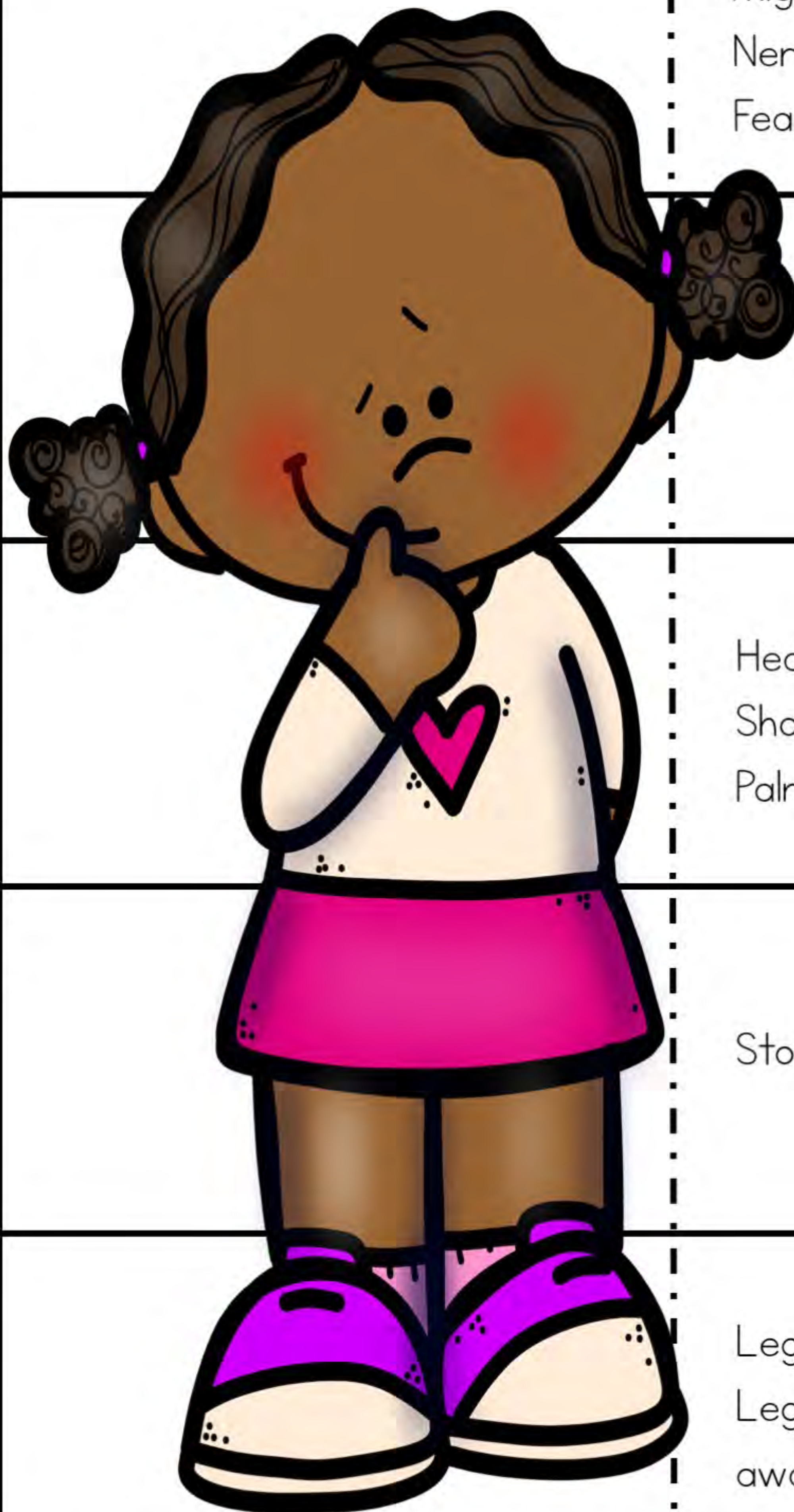
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Legs weak
Legs wanting to walk
away and hide

		<p>Think about your positive qualities. Compliment yourself. Think about times you've been successful in the past.</p>
		<p>Look up. Look around. Look for a friendly face. Make eye contact and smile.</p>
		<p>Deeply breathe in counting to 5. Slowly breathe out counting to 7. Repeat 5 times. Hold your shoulders up proudly.</p>
		<p>Breathe deeply, filling your chest all the way down to your belly. Gently twist your body side to side, stretching your abdomen/belly.</p>
		<p>Feel your feet firmly planted on the ground. Flex your calf muscles a few times.</p>

I feel excited. What's happening in my body?



Mind full of bouncing
anticipation

Eyebrows high
Eyes wide open
Mouth smiling
Happy words

Heart pumping
Arms raised high
Heart full of joy

Stomach relaxed

Legs jumping or
bouncing
Feeling free

I feel excited. What's happening in my body?



Mind full of bouncing
anticipation

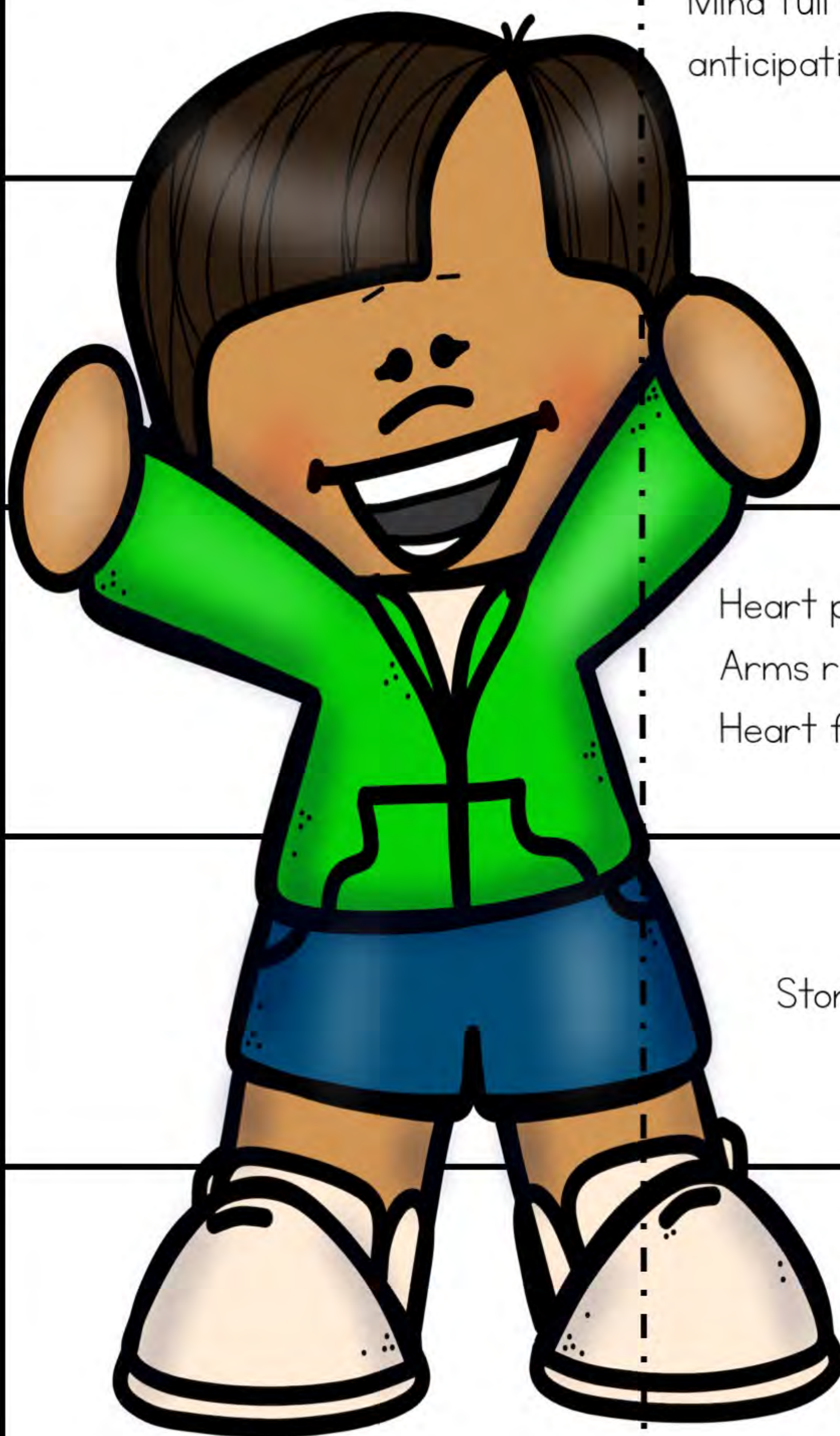
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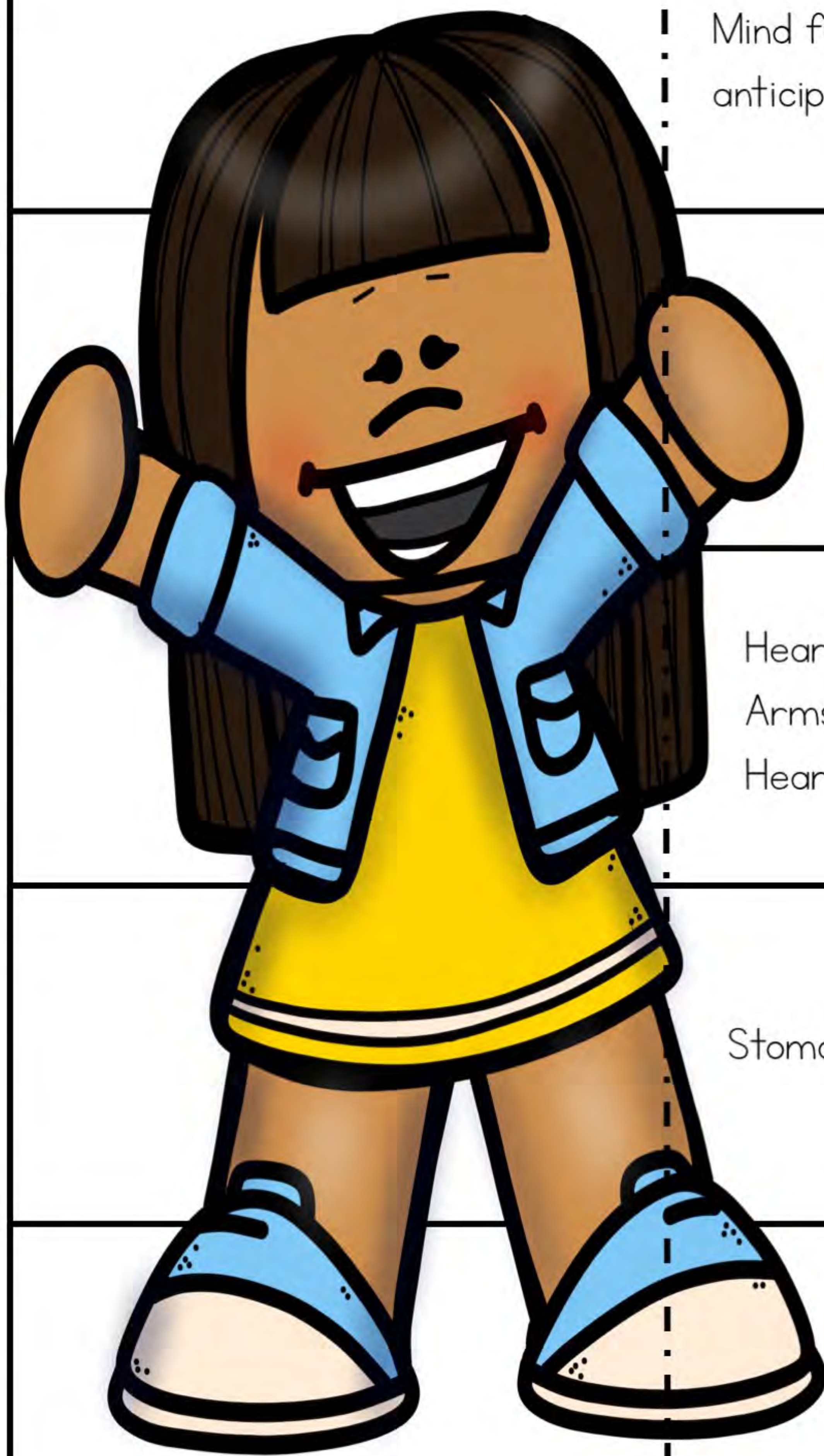
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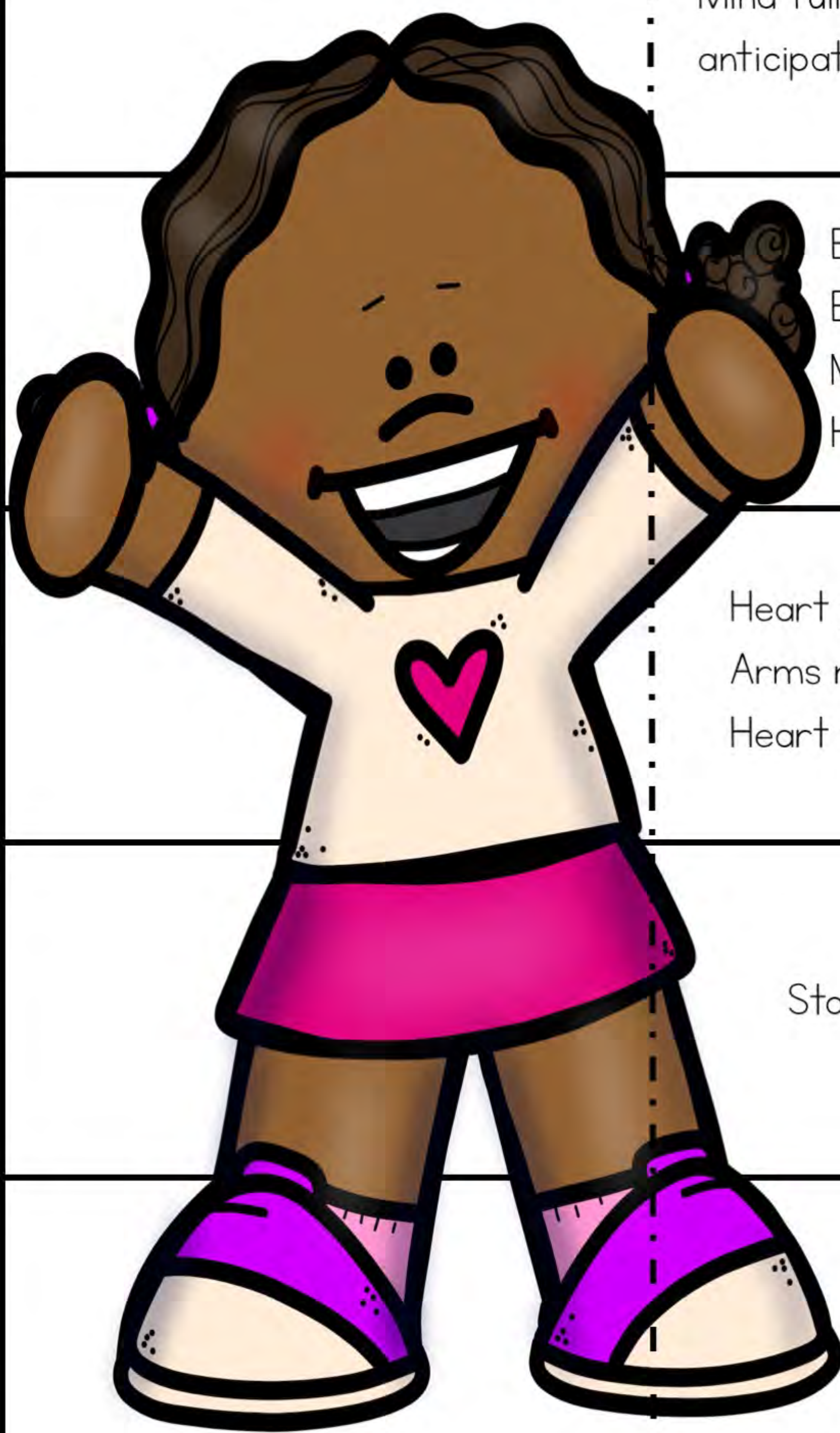
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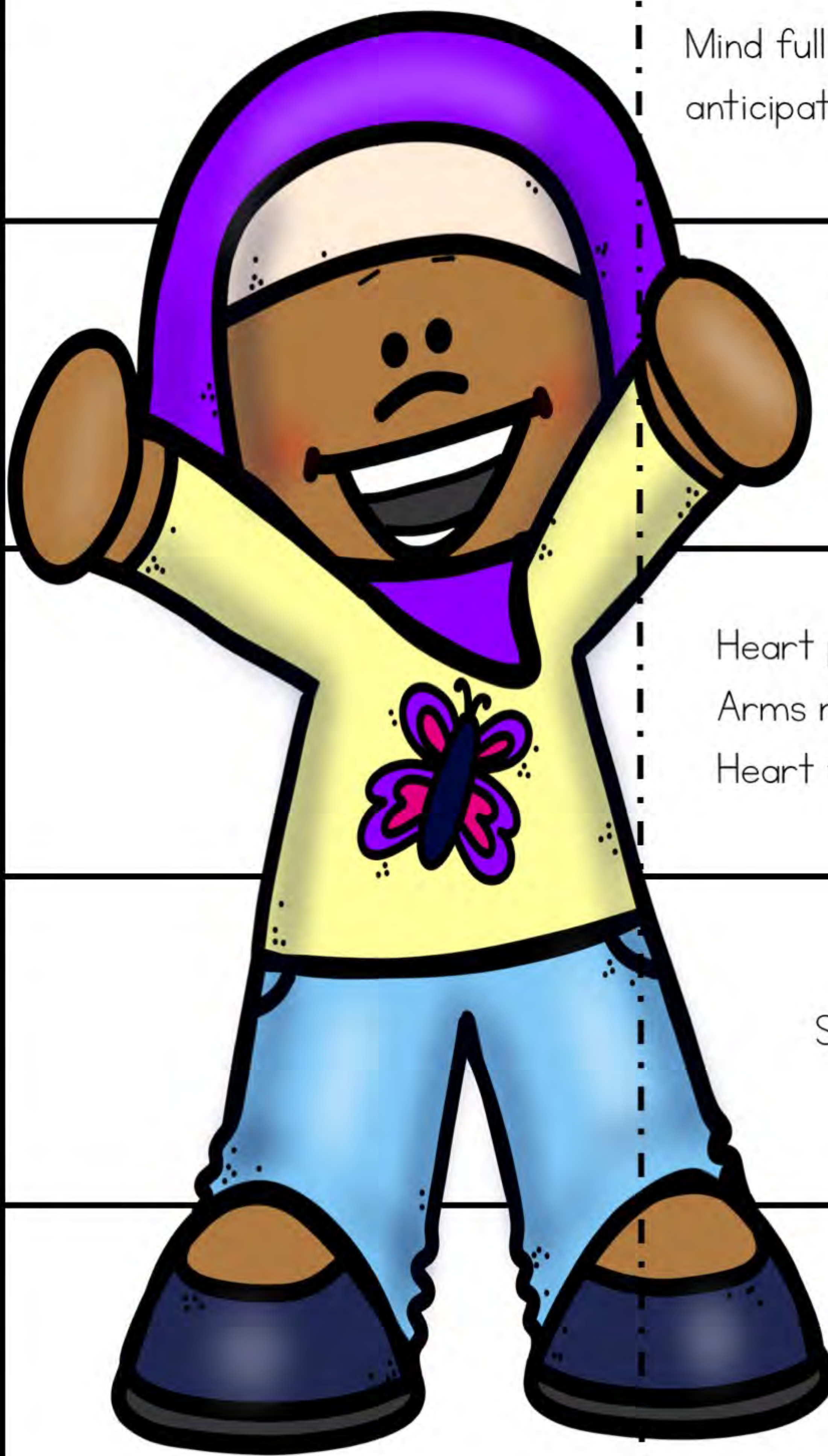
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anticipation

Eyebrows high
Eyes wide open
Mouth smiling
Happy words

Heart pumping
Arms raised high
Heart full of joy

Stomach relaxed

Legs jumping or
bouncing
Feeling free

Embrace the joy and
look forward to the
exciting thing.

Share your joy with
others using kind words,
considering how others
may feel too.

Celebrate with your
face and arms, looking
out for others.

Commit the
excitement to your
heart and memory to
savor it!

Bounce a bit and
walk toward your
exciting event.

I feel happy. What's happening in my body?



Mind peaceful
Calm, happy thoughts

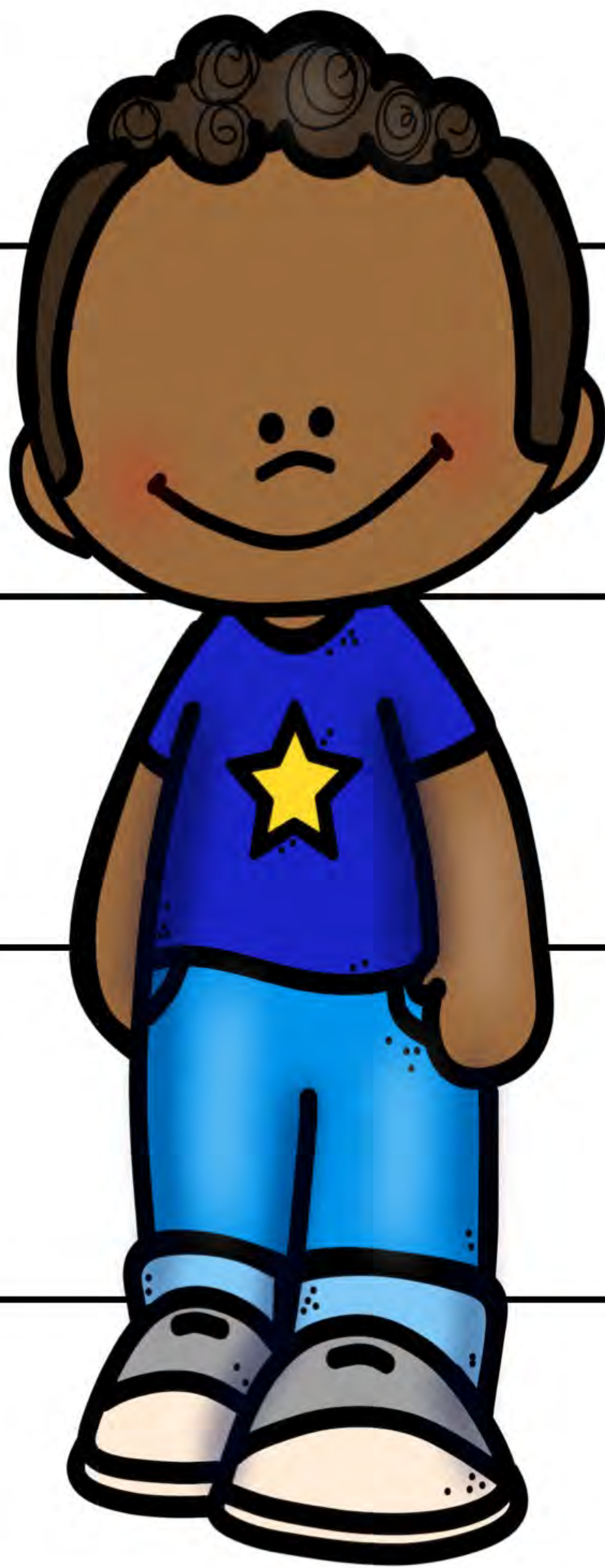
Eyes forward
Mouth smiling

Heart beating calmly
Muscles relaxed

Stomach relaxed

Legs and feel calm
and happy in place

I feel happy.
What's happening in my body?



Mind peaceful
Calm, happy thoughts

Eyes forward
Mouth smiling

Heart beating calmly
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Stomach relaxed

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I feel happy.
What's happening in my body?



Mind peaceful
Calm, happy thoughts

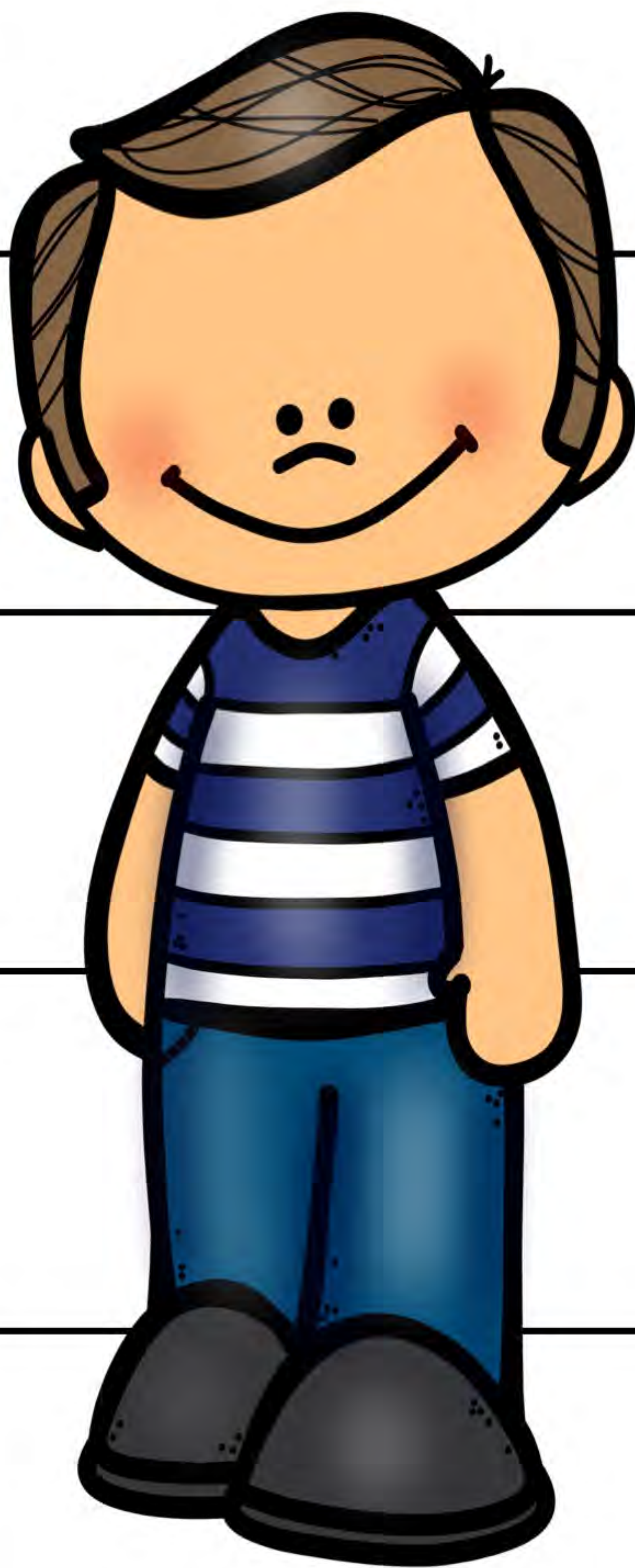
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What's happening in my body?



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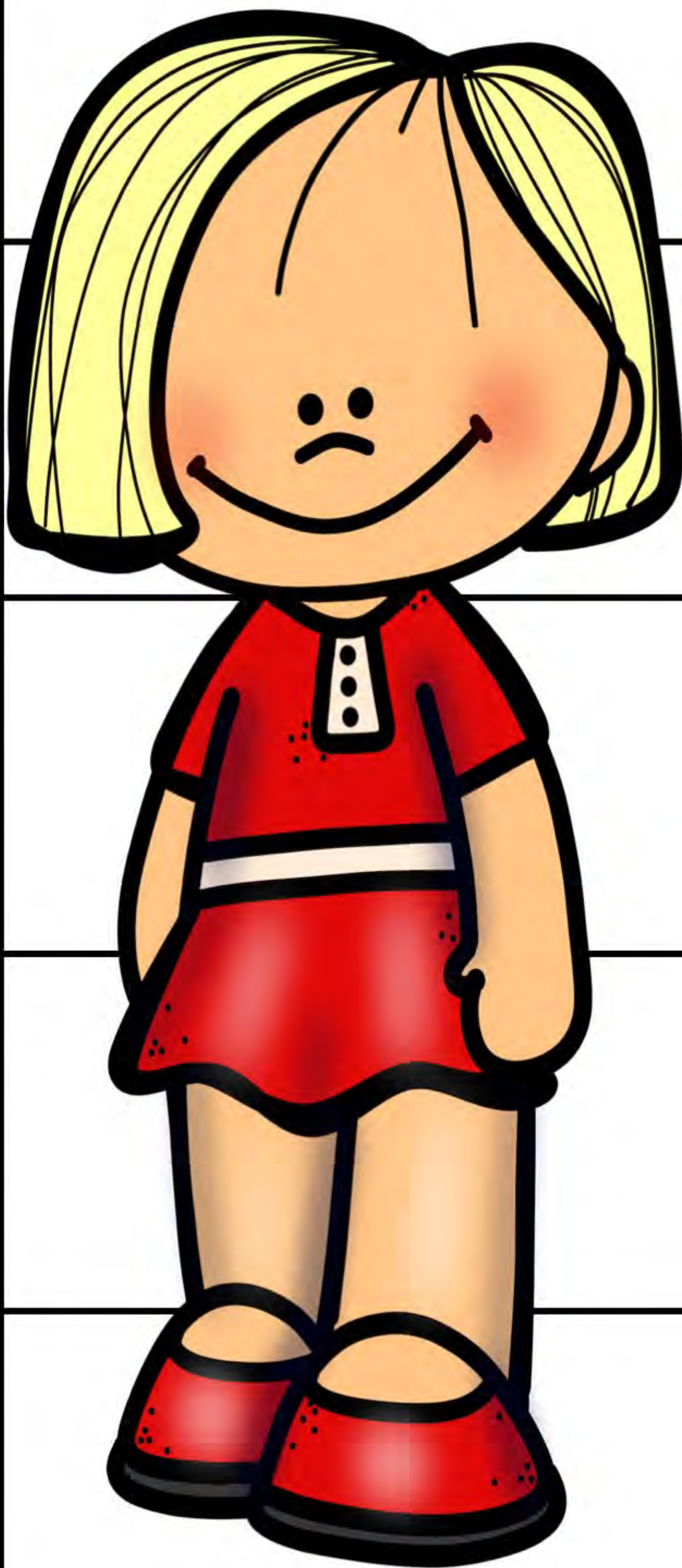
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I feel happy.
What's happening in my body?



Mind peaceful
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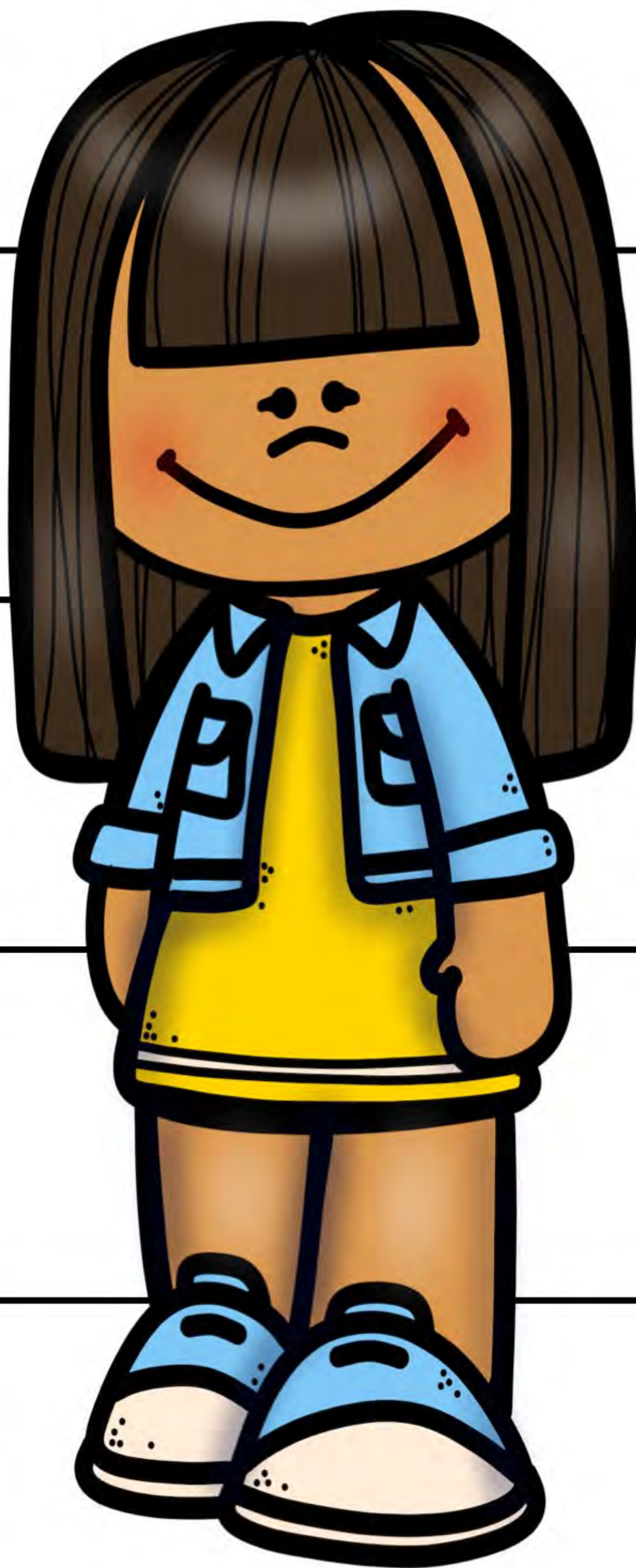
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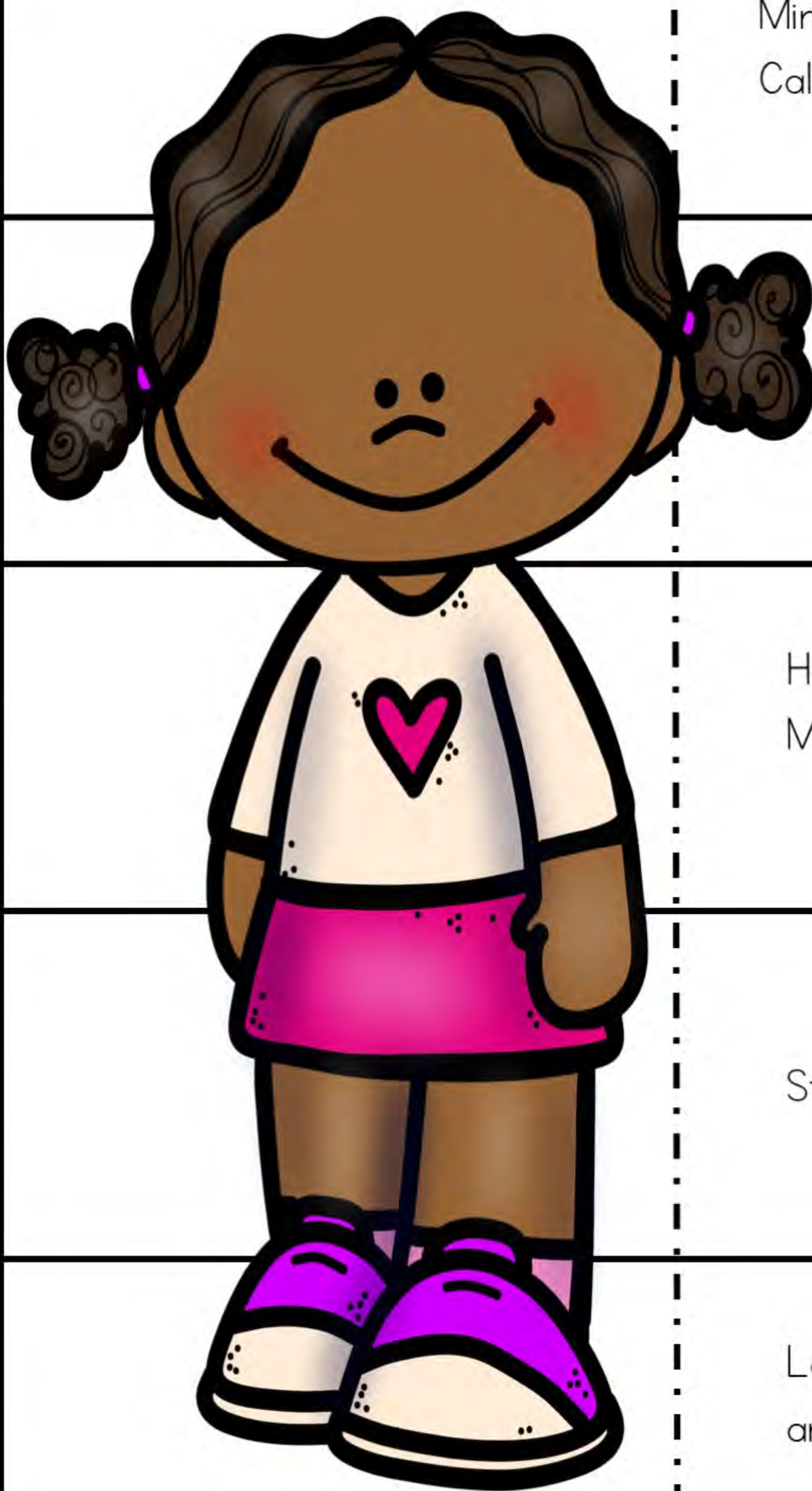
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I feel happy. What's happening in my body?



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I feel happy. What's happening in my body?



Mind peaceful
Calm, happy thoughts

Eyes forward
Mouth smiling

Heart beating calmly
Muscles relaxed

Stomach relaxed

Legs and feel calm
and happy in place

Let the happy, calm
thoughts wash over
your mind

Share your happiness
with others with kind
looks and uplifting
words

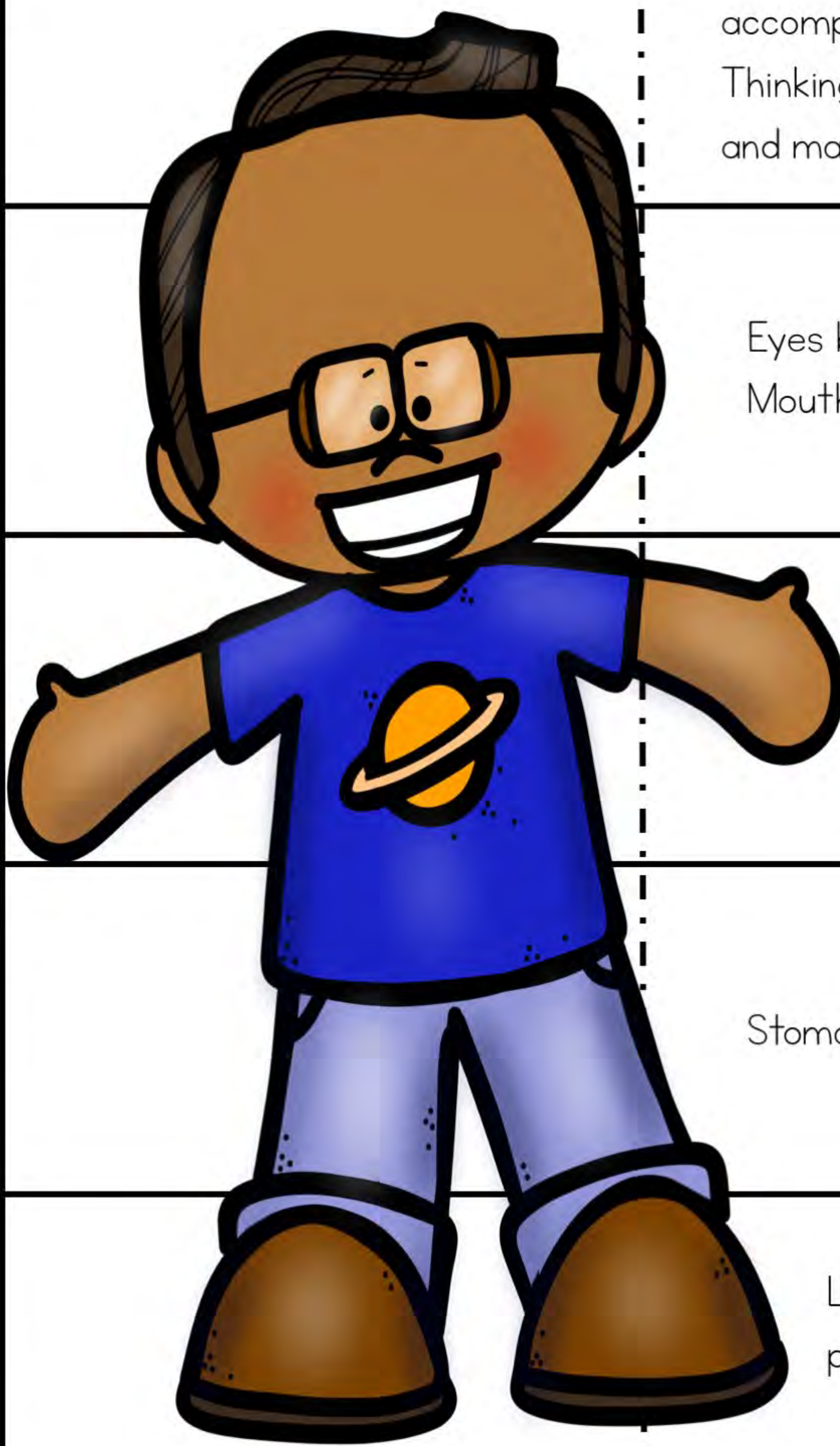
Let your muscles
remain calm and
peaceful

Let your happiness
flow through your
whole body

Enjoy the happiness
in your place

What's happening
in my body?

I feel proud.



Mind full of
accomplishments
Thinking of growth
and maybe relief

Eyes bright
Mouth smiling

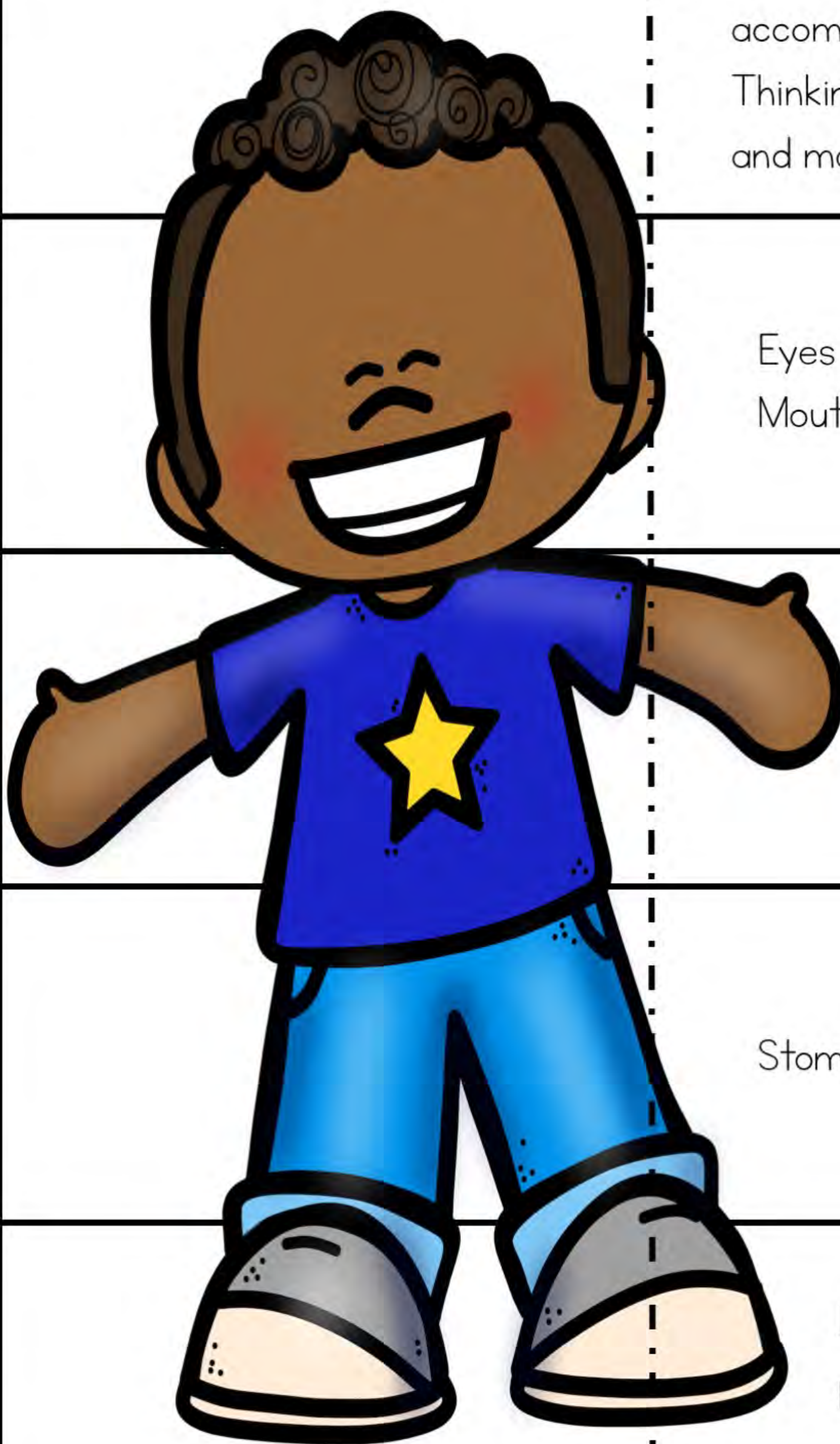
Heart beating
calmly
Muscles relaxed
Pointing to
accomplishments

Stomach relaxed

Legs firm and
planted

What's happening
in my body?

I feel proud.



Mind full of
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Eyes bright
Mouth smiling

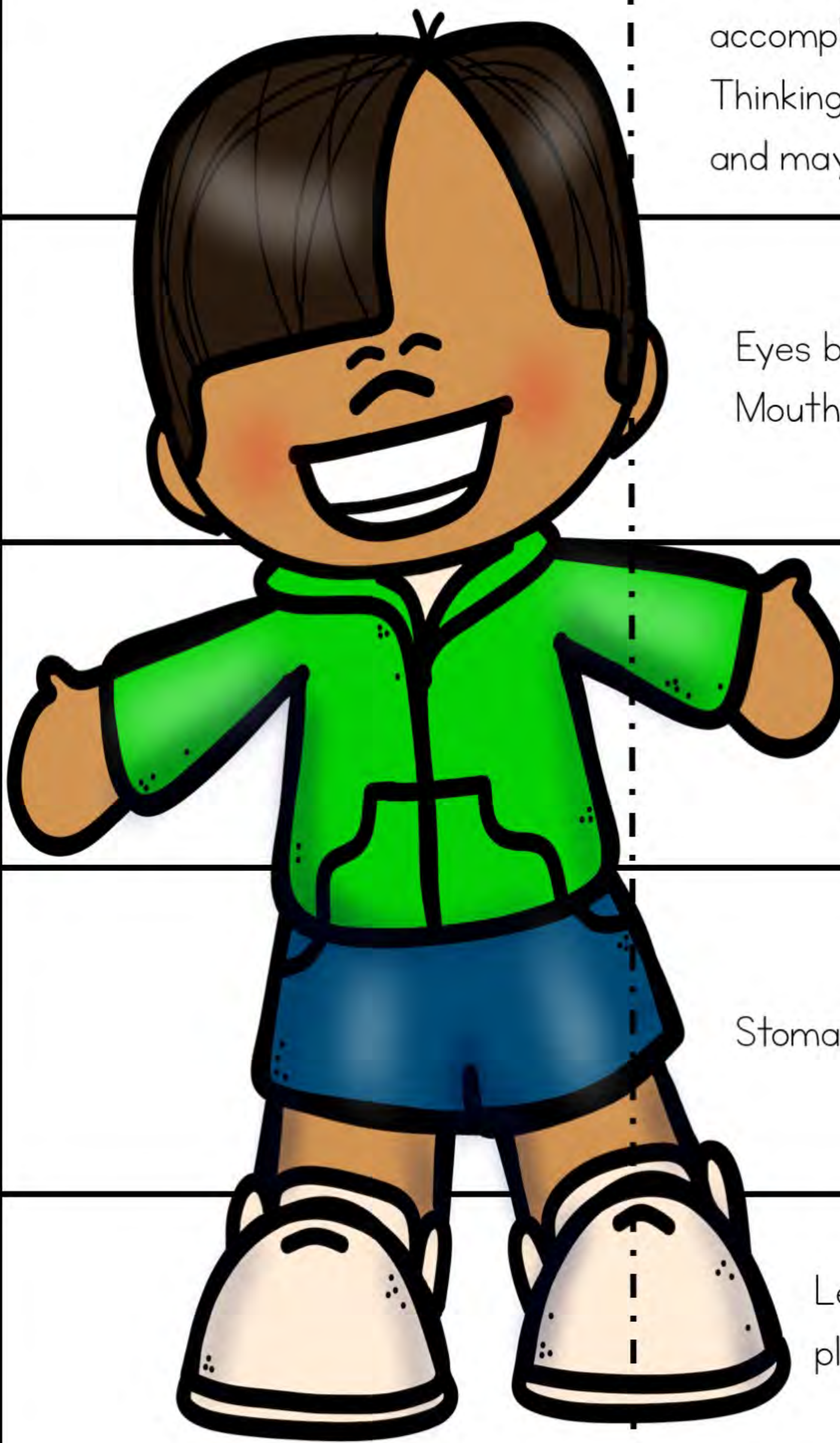
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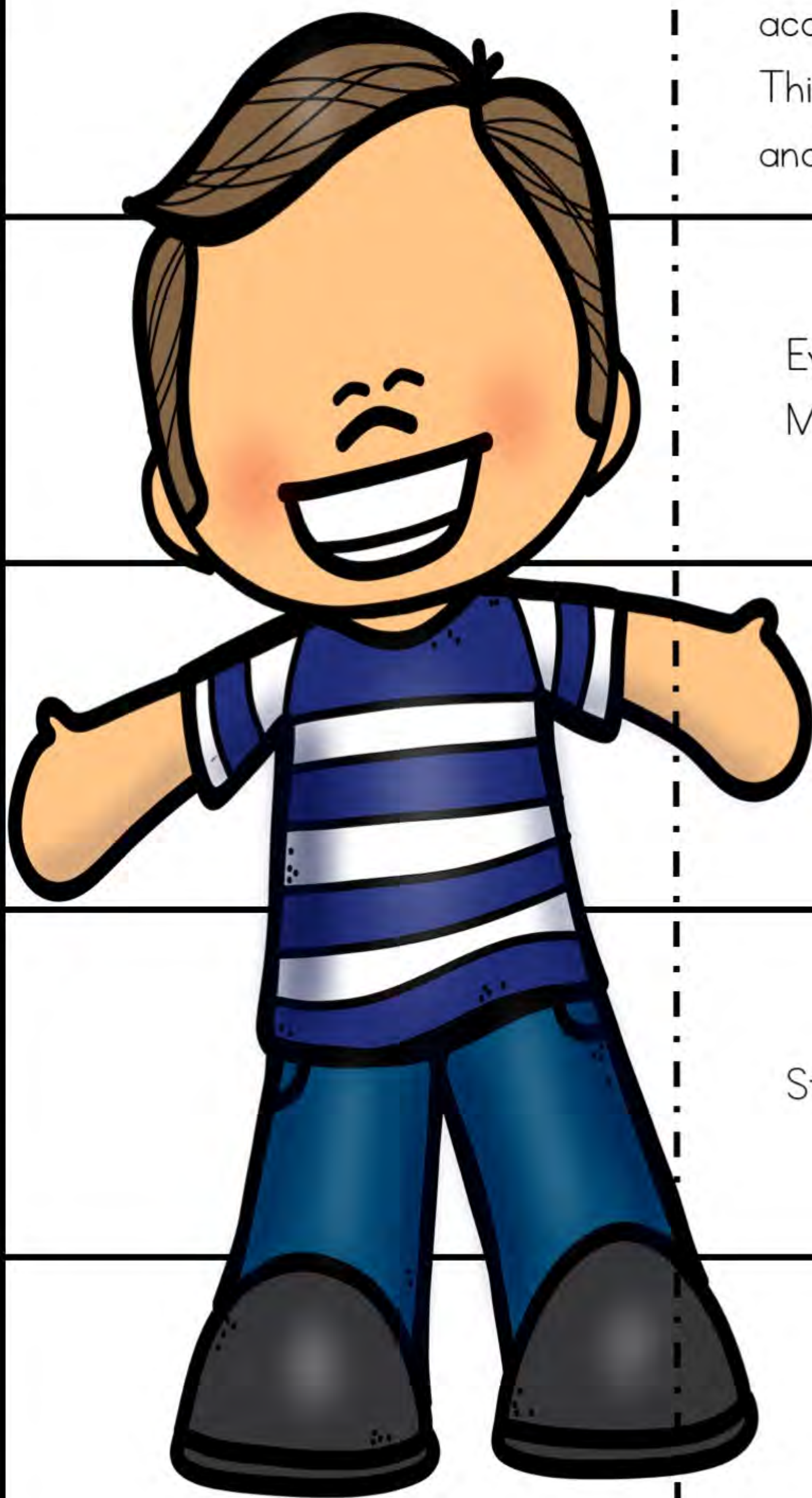
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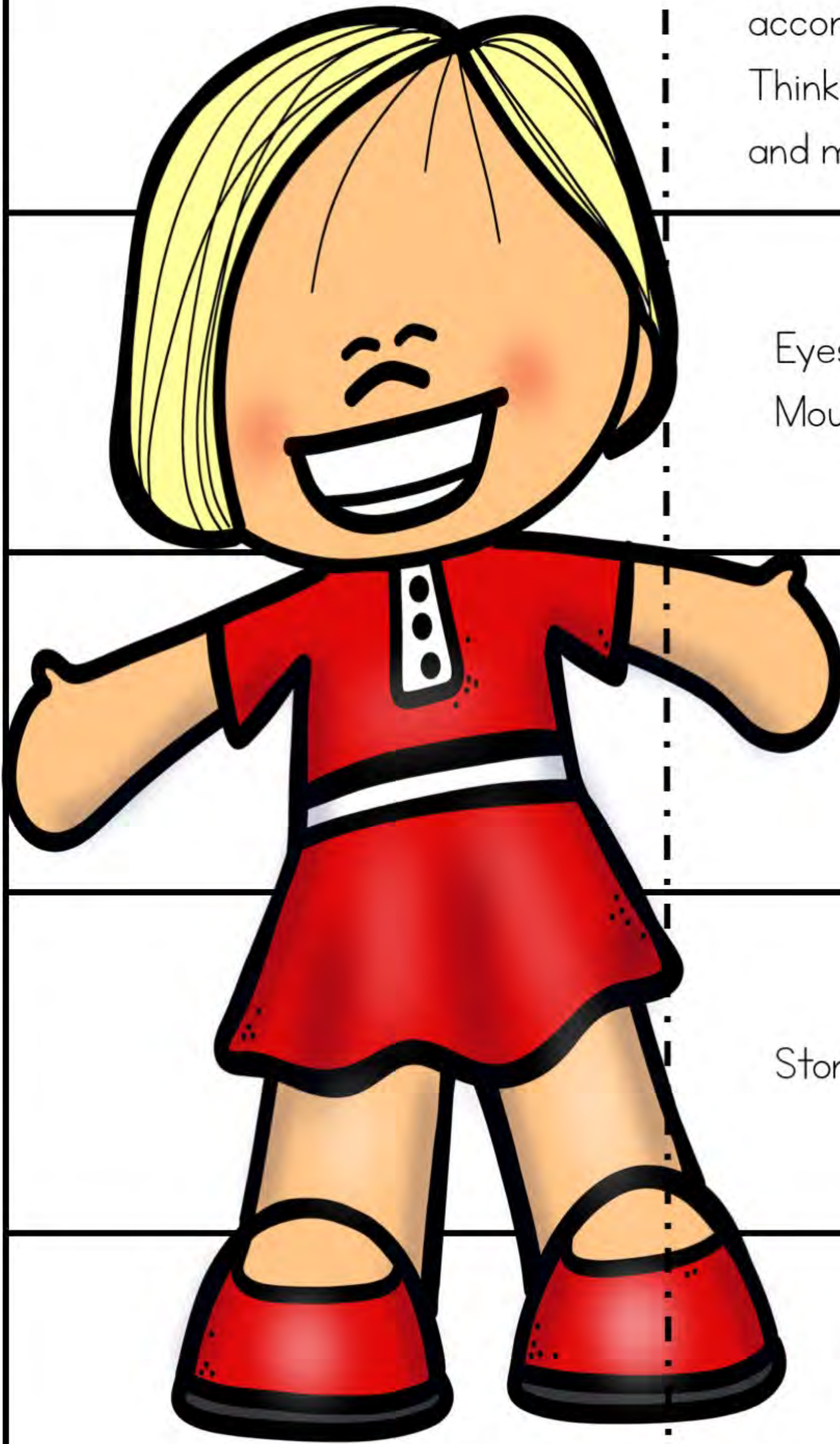
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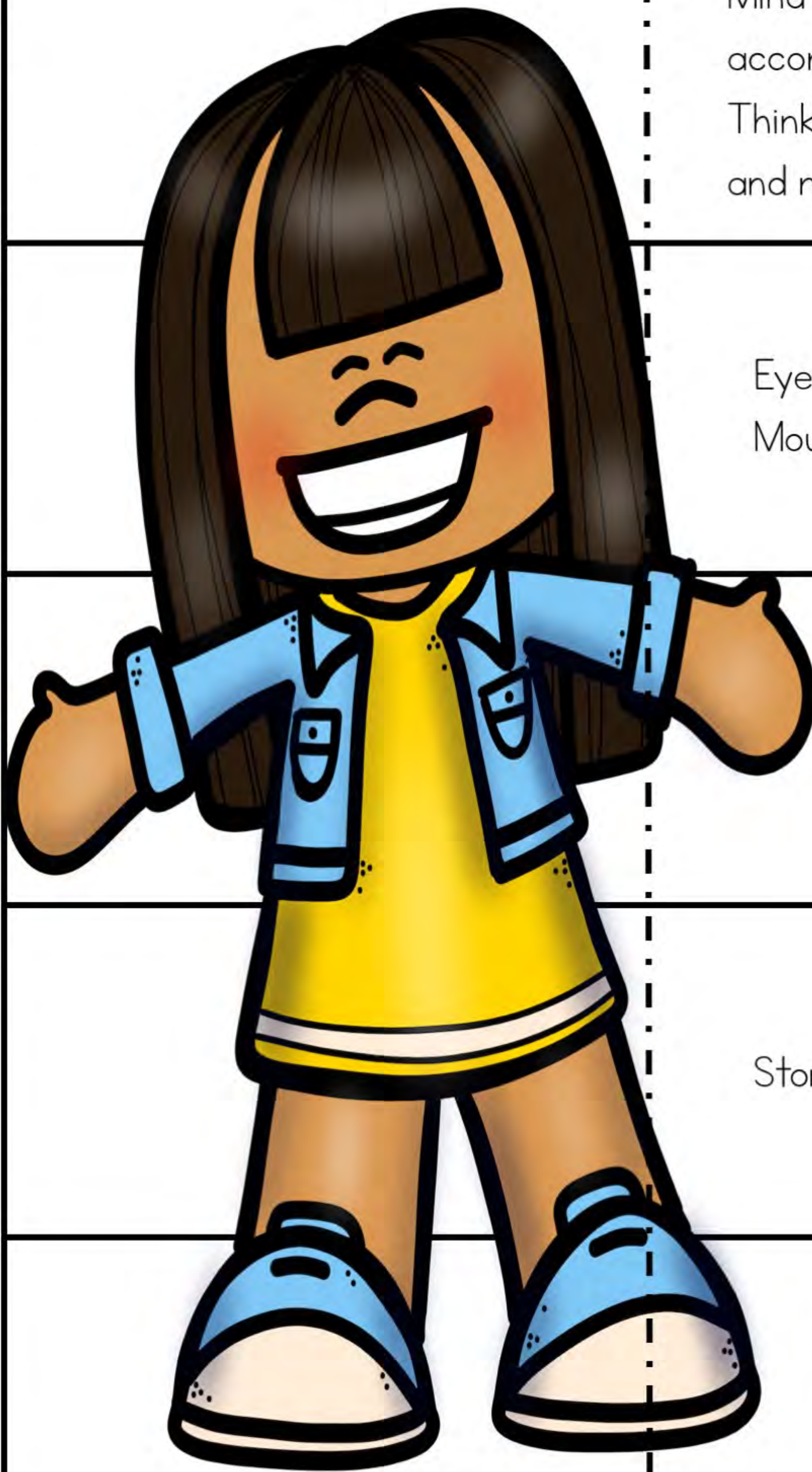
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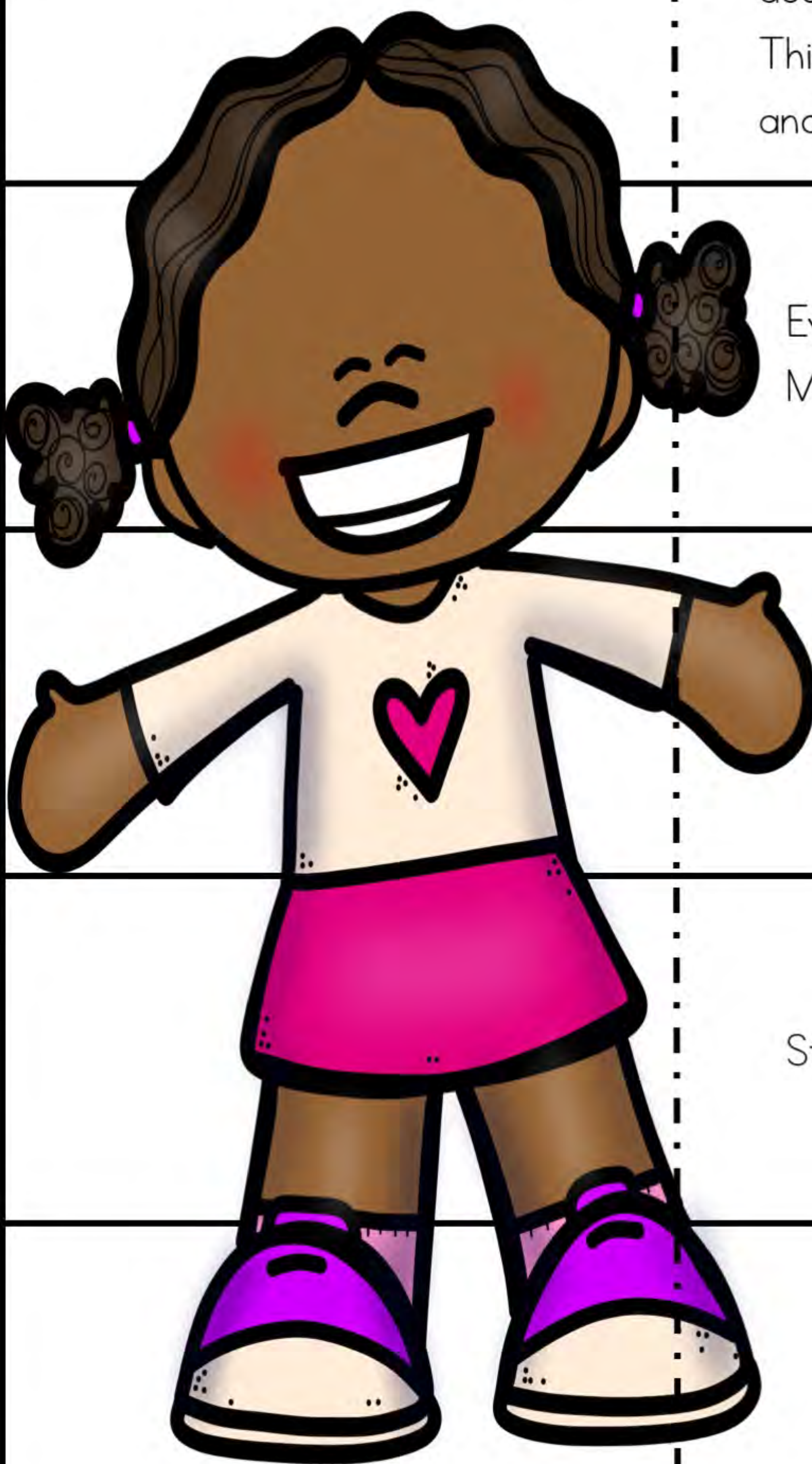
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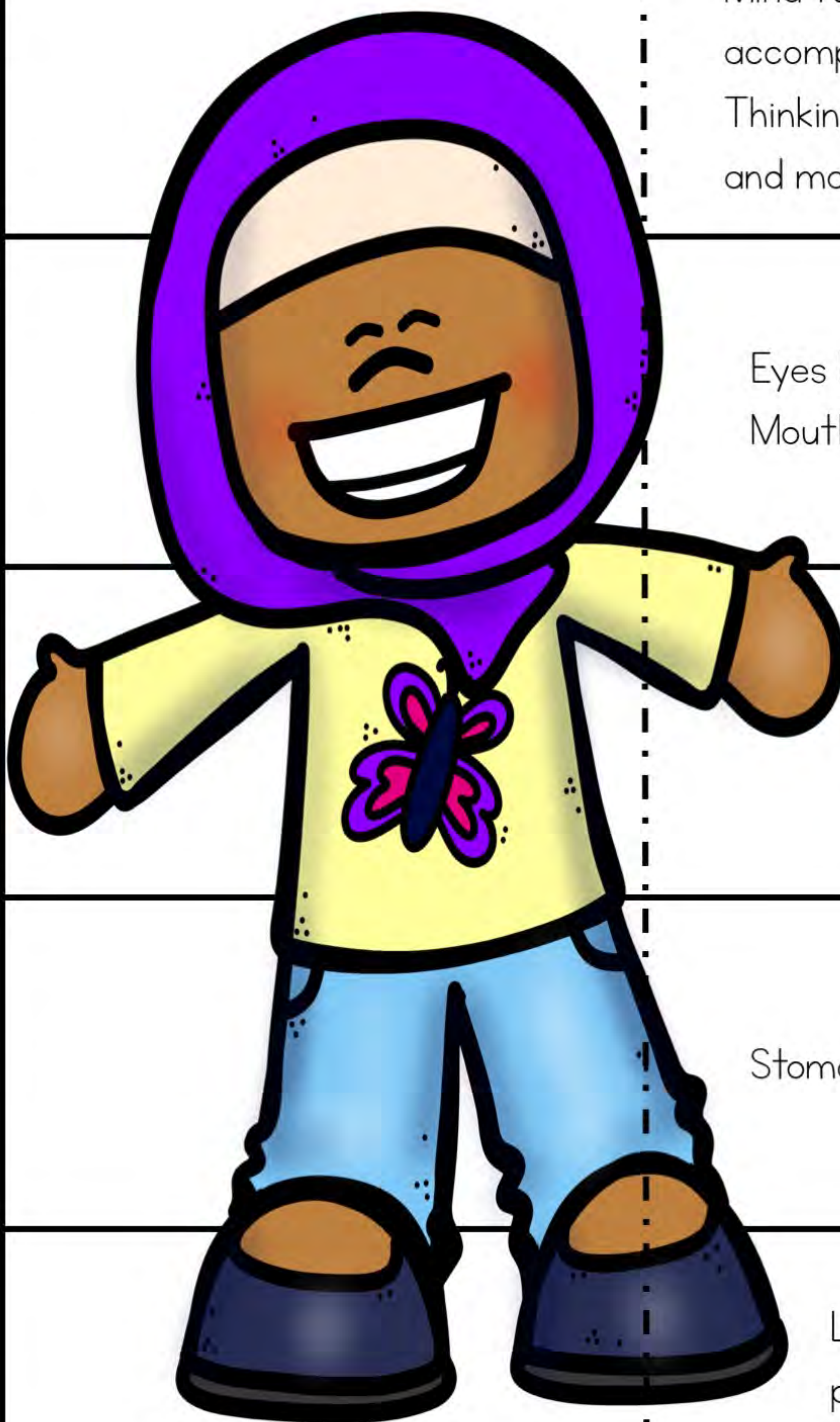
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I feel proud. What's happening in my body?



Mind full of
accomplishments
Thinking of growth and
maybe relief

Eyes bright
Mouth smiling

Heart beating calmly
Muscles relaxed
Pointing to accomplishments

Stomach relaxed

Legs firm and planted

Focus on where you started and where you are now. What steps did you take to reach your goal?
Enjoy your accomplishment.

Let your pride beam through your eyes!

Share your accomplishments with others, pointing out where others helped or encouraged you.

Let your proud feelings flow through your body and create a wonderful memory of your success.

Stand firm in your growth, and look for your next path of improvement!

I feel confused. What's happening in my body?



Head filled with thoughts
and alternatives
Not understanding

Eyebrows furrowed
Lips pursed
Jaw clenched

Heart maybe pumping
Muscles tense
Shoulders raised or hunched

Stomach muscles tense

Foot tapping or jittery

I feel confused. What's happening in my body?



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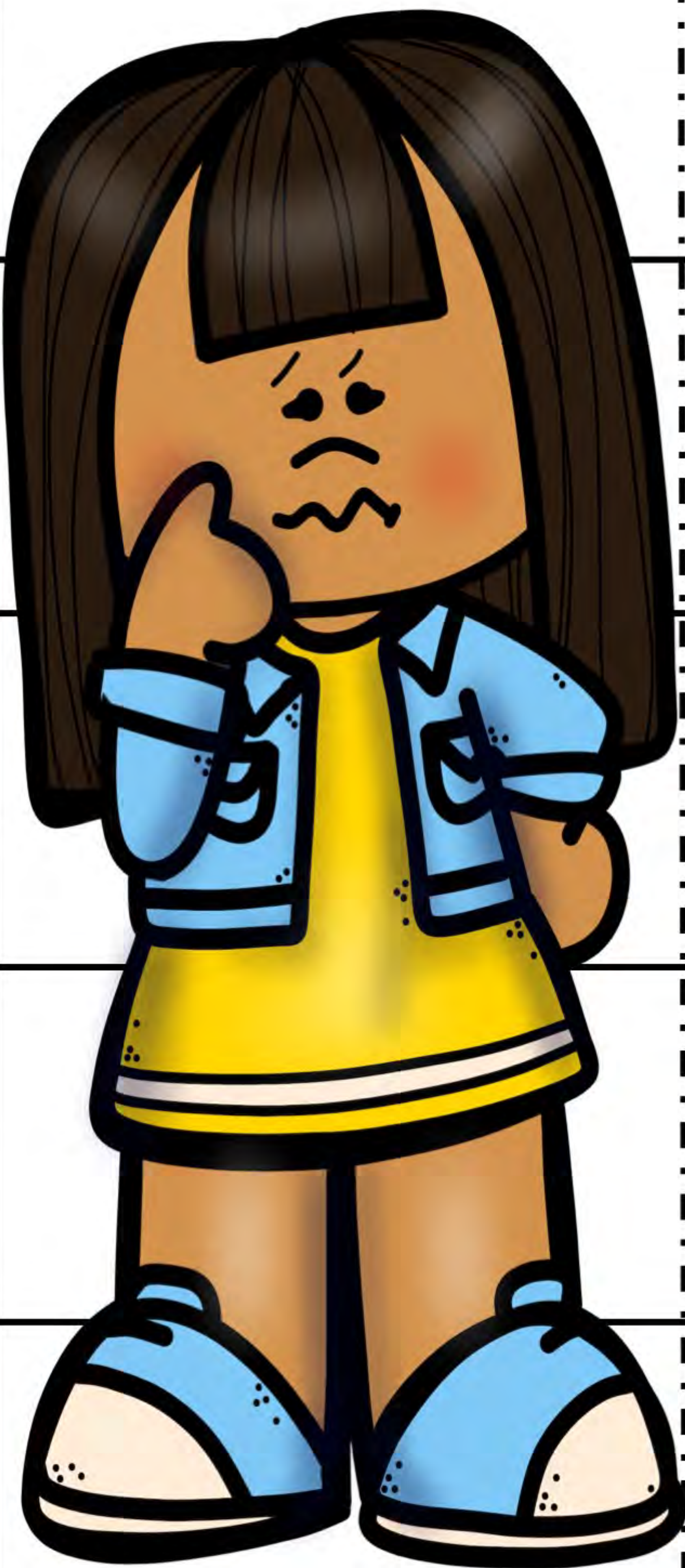
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Stomach muscles tense

Foot tapping or jittery

		<div>Write down questions possible answers. Consider alternatives. Which one makes the most sense?</div> <div>Take a break to notice the things around you. Notice one thing you hear, feel, see, smell, or taste.</div> <div>Relax your face. Stretched your eyebrows up and down. Rub the sides of your temples. Open and close your mouth to stretch your jaw. Use your mouth to ask for clarification or help.</div> <div>Deeply breathe in counting to 5. Slowly breathe out counting to 7. Repeat 5 times. Roll your shoulders forwards and back 5 times. Let them fall into a relaxed position.</div> <div>Sit or stand up straight and stretch out your abdomen/belly. Slowly twist from side to side.</div> <div>Take a break. Stand up and go for a little walk. Roll your ankles around left and then right. Walk to someone who can help.</div>
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A note from COUNSELOR *Keri*



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COUNSELOR *Keri*

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