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# Sorting Comfortable and Uncomfortable Bodily Sensations



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Our mind and body are closely connected.



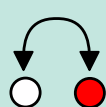
Our bodies can help us understand how we feel.



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To understand our emotions and how we feel, we must notice what is happening within our bodies.



You may feel comfortable or uncomfortable bodily sensations.

# Feeling Comfortable



Feeling



comfortable



within



our body



could



mean



that we

are



feeling good.



Feeling good



and



comfortable



within



our body



might look like:



smiling



laughing



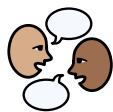
energetic



calm



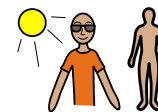
clapping



chatting







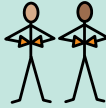




relaxed



warm inside

# **Feeling Uncomfortable**












  
 Feeling uncomfortable within our body could mean that we are not feeling good.







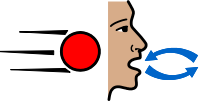

  
 Not feeling good and uncomfortable within our body might look like:



  
 tummy butterflies



  
 sweaty palms


  
 dizzy


  
 sick


  
 quick breathing


  
 jelly legs


  
 stomach ache


  
 headache








# Making a Change

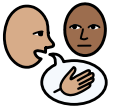








 If we feel uncomfortable within our body this could be a clue to change something.









 Some ideas that could help us feel comfortable might be:

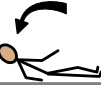

 ask for help


 time alone


 read a book


 blanket


 movement break


 lie down


 ear defenders


 cuddle



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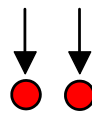
Comfortable



Uncomfortable



Comfortable



both



Uncomfortable



calm



alert



dizzy



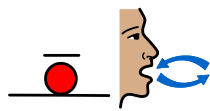
headache



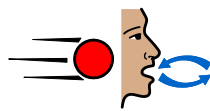
grinding teeth



dry throat



steady breathing



quick breathing



jelly legs



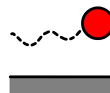
stomach ache



racing heart



smiling



floaty



sick



fainting



relaxed



good sleep



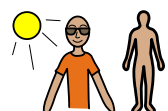
achey muscles



feel loved



tummy in knots



warm inside



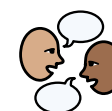
short of breath



energetic



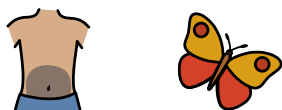
sweaty palms



chatting



laughing



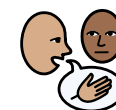
tummy butterflies



clapping



time alone



ask for help



read a book



blanket



ear defenders



cuddle



lie down



movement break