

# QUESTIONS THAT INSPIRE REFLECTION



Here are some reflection questions designed to help children think about the connection between their emotions and their body:

## General Reflection Questions:

- What happens to your body when you feel really happy?
- Can you think of a time you felt mad? What did your hands or face do?
- Where do you feel scared in your body?
- When you're sad, how does your body feel? Is it heavy or light?
- What does your tummy feel like when you're nervous?
- When your heart beats really fast, what do you think your body is trying to tell you?
- What do your feet or legs want to do when you're excited or angry?
- How does your body feel when you start to calm down after being upset?
- Have you ever noticed your breathing change when you're scared or mad? What does it sound like?
- What can you do to help your body feel better when it feels tight or heavy?

## Situation-Specific Questions:

- If your hands are fidgety, what feeling might be causing that?
- If your shoulders feel tight, what could that mean? How can you make them feel better?
- What does your body do when you're about to cry?
- When you're running around and can't sit still, what feeling might be in charge?
- How does your body tell you it's time to take a break or calm down?

## Future-Oriented Questions:

- What could you do next time your chest feels tight or your heart is racing?
- If your tummy feels upset, how can you check in to see if it's your feelings or something else?
- What are some ways you can help your body feel calm and safe when you're scared or angry?
- How could you tell a grown-up what your body is feeling if you're sad or mad?
- If your face gets really hot when you're mad, what could you do to cool down?

# LEARN THE 10-POINT BODY CHECK

(20 MINUTES)

## HEAD

When you feel stressed or overwhelmed, you might get headaches or feel dizzy.

**Coping Skill:** Close your eyes and take a few deep breaths.

## JAW

When angry or stressed, you may clench your jaw or grind your teeth.

**Coping Skill:** Open your mouth wide, then close it gently to release tension.

## SHOULDERS

When you're tense or stressed, your shoulders might feel tight.

**Coping Skill:** Shrug your shoulders up to your ears, then let them drop.

## CHEST

When you're anxious, your chest might feel tight or heavy.

**Coping Skill:** Take slow, deep breaths to feel calmer.

## HANDS

When you're nervous your hands might feel shaky or sweaty or when angry they might ball up.

**Coping Skill:** Squeeze a stress ball or rub your hands together.

## BREATH

When you're nervous, you might breathe really fast.

**Coping Skill:** Breathe out forcefully while pursing your lips to breathe in 15% more oxygen.

## STOMACH

When you're scared, your stomach might feel like it has butterflies.

**Coping Skill:** Hug a pillow or take slow breaths while counting to five.

## FACE

When you're embarrassed or mad, your face might feel hot or red.

**Coping Skill:** Splash cold water on your face or count to 10.

## LEGS

When you're excited or angry, your legs might feel jumpy or ready to run.

**Coping Skill:** Stand up, do a few quick jumps, then shake your legs out.

## FEET

When you're scared or nervous, your feet might feel cold or restless.

**Coping Skill:** Tap your feet gently or wiggle your toes.

