# UNDERSTANDING YOUR EMOTIONS THROUGH A 10-POINT BODY CHECK

**Age Group:** 6-10 years **Duration:** 30–40 minutes

#### Objective:

To help children identify and understand emotions, connect those emotions to body sensations, and practice coping skills to regulate their feelings.

#### Materials:

- Printable or drawn 10-point body outline (head, jaw, shoulders, chest, hands, stomach, legs, feet, face, and breath)
- Emotion flashcards (happy, sad, angry, scared, surprised, calm, etc.)
- · Markers or stickers
- Coping skills cards (e.g., deep breathing, stretching, using a calm corner, talking to someone, etc.)
- · Ball or beanbag for group sharing

\*\* Free printables of *Emotion card game* and *Body Posters* are available for download on our website.

#### Lesson Steps:

- 1. Introduction (10 minutes) Start with a discussion using some of the questions below:
  - 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?



## **UNDERSTANDING EMOTIONS** AND BODY SENSATIONS

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#### Lesson Steps cont.

#### 2. Practice Coping Skills (10 minutes)

- Activity: Coping Skill Matching Game or Pass the Squeeze Game
  - a. Grab the game materials from our resource page
  - b. Discuss our pre-game focus questions
  - c. Play game, alternating and involving all children
  - d. Discuss ideas learned in the games and ask children about their own coping skills.

#### 3. Closing and Reflection (5 minutes)

- Group Share: Toss a ball or beanbag to each child and ask:
  - "What's one body part you'll check the next time you feel a big emotion?"
  - "What's a coping skill you liked today?"
- Encourage Daily Practice: Remind kids they can do a 10-point body check when they feel upset, excited, or confused.

#### Key Takeaways for Children

- 1. Emotions can be felt in different parts of the body.
- Each emotion has clues your body gives you.
- 3. There are simple ways to help your body feel calm and safe when emotions get big.



### 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.

#### **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.

#### **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.

#### **STOMACH**

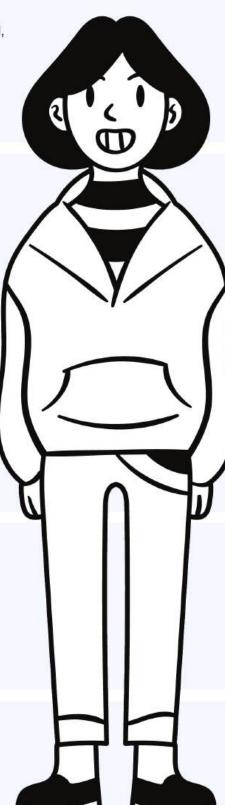
When you're scared, your stomach might feel like it has butterflies.

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

#### 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.



#### 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.

#### CHEST

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

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

#### 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.

#### 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.

#### FEET

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

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

