

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.
2. 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.

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OUR FREE
GAMES FOR
ACTIVITY 2!**



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.

