



Strong Emotion Mapping

Sometimes, strong emotions can cause us to experience physical sensations. For example, if you are feeling very excited, you may feel your chest tighten. Below we have marked some places on the body that people commonly feel strong emotion - can you think of a sensation you feel there? Fill in the orange boxes.

You may notice some grey boxes, too - these ones don't have lines yet. Use grey boxes to mark a new part of the body - be sure to draw the line to show where the feeling is! (*Example, do you get sweaty hands if you are nervous? Mark it below!*)

The strong emotion I am thinking about right now is:

