

Total Behaviour Body Scans

The following activity will help students begin to orient themselves with their physiology – the first element of the creation of behaviour.

This activity can be done at any time but, is best when the student is able to stop and pay attention to their internal body state. Doing this activity over time, creates a record of body experience and assists identifying the other components of behaviour (feeling, thinking and acting) that proceed the physiological experience.

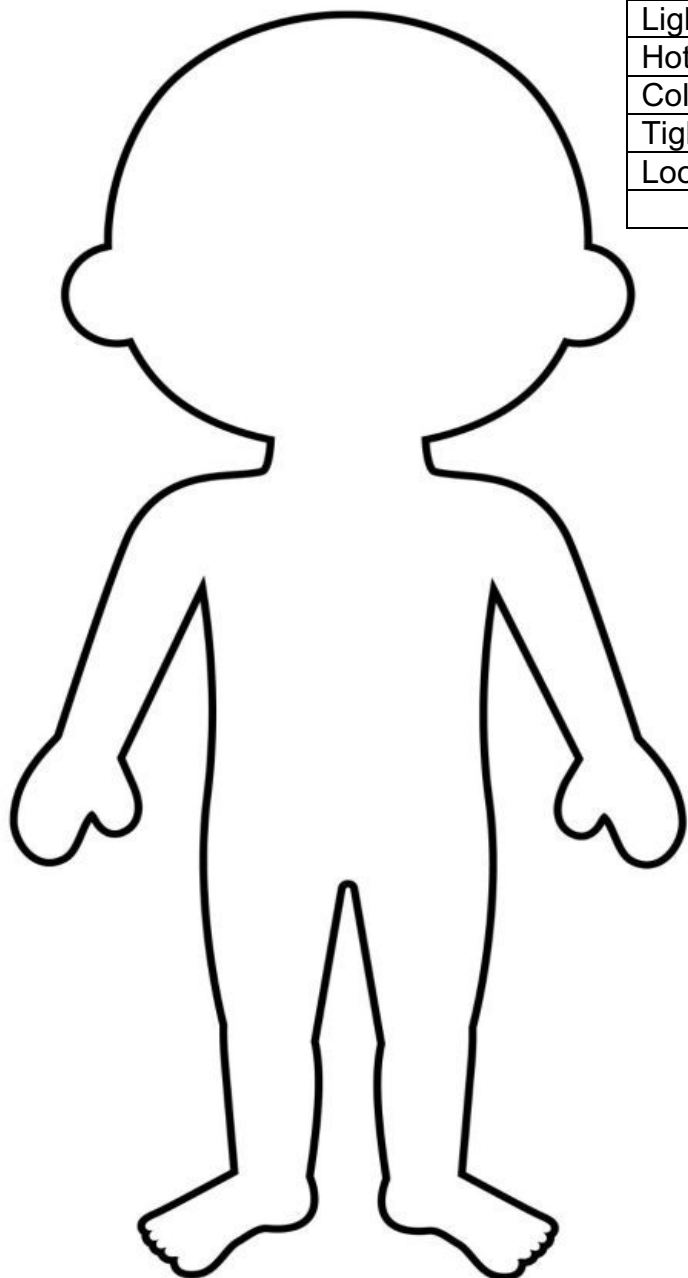
Stimulus: The Body Scanner! Mindfulness for Children

<https://www.youtube.com/watch?v=xLoK5rOl8Qk&t=39s>

The outlines below can assist recording student physiological sensations.

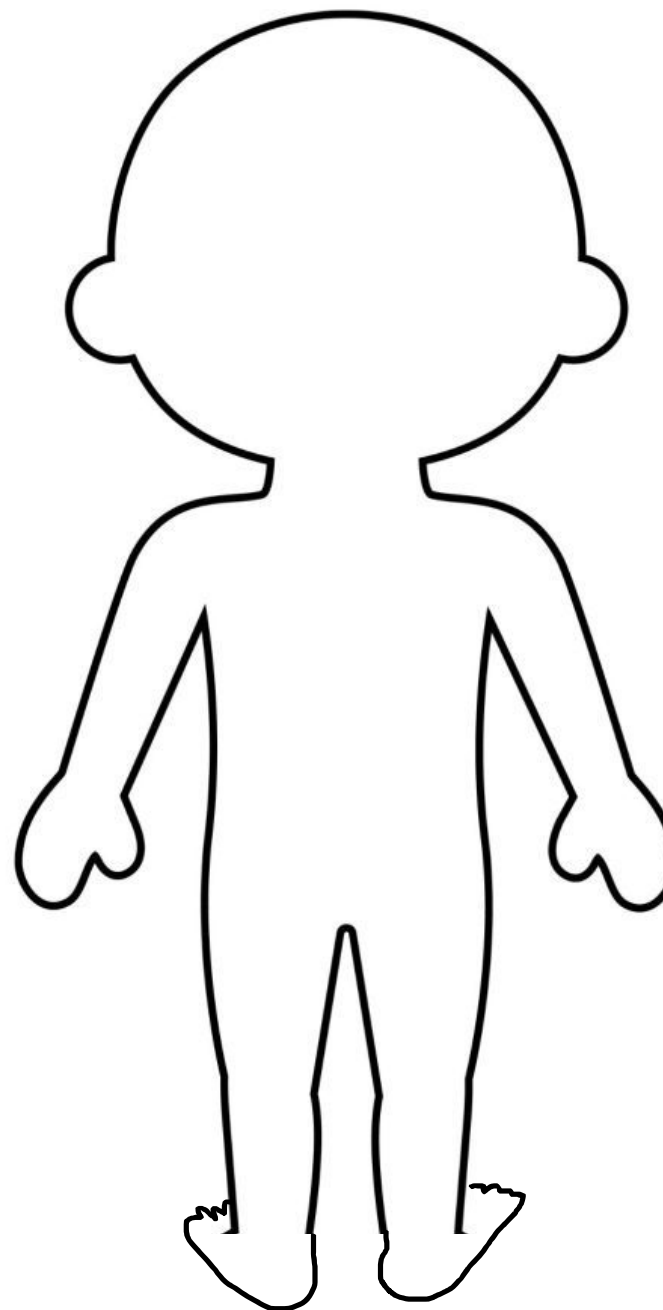
FRONT Body Scan

Sensation	Colour
Heavy	
Light	
Hot	
Cold	
Tight	
Loose	



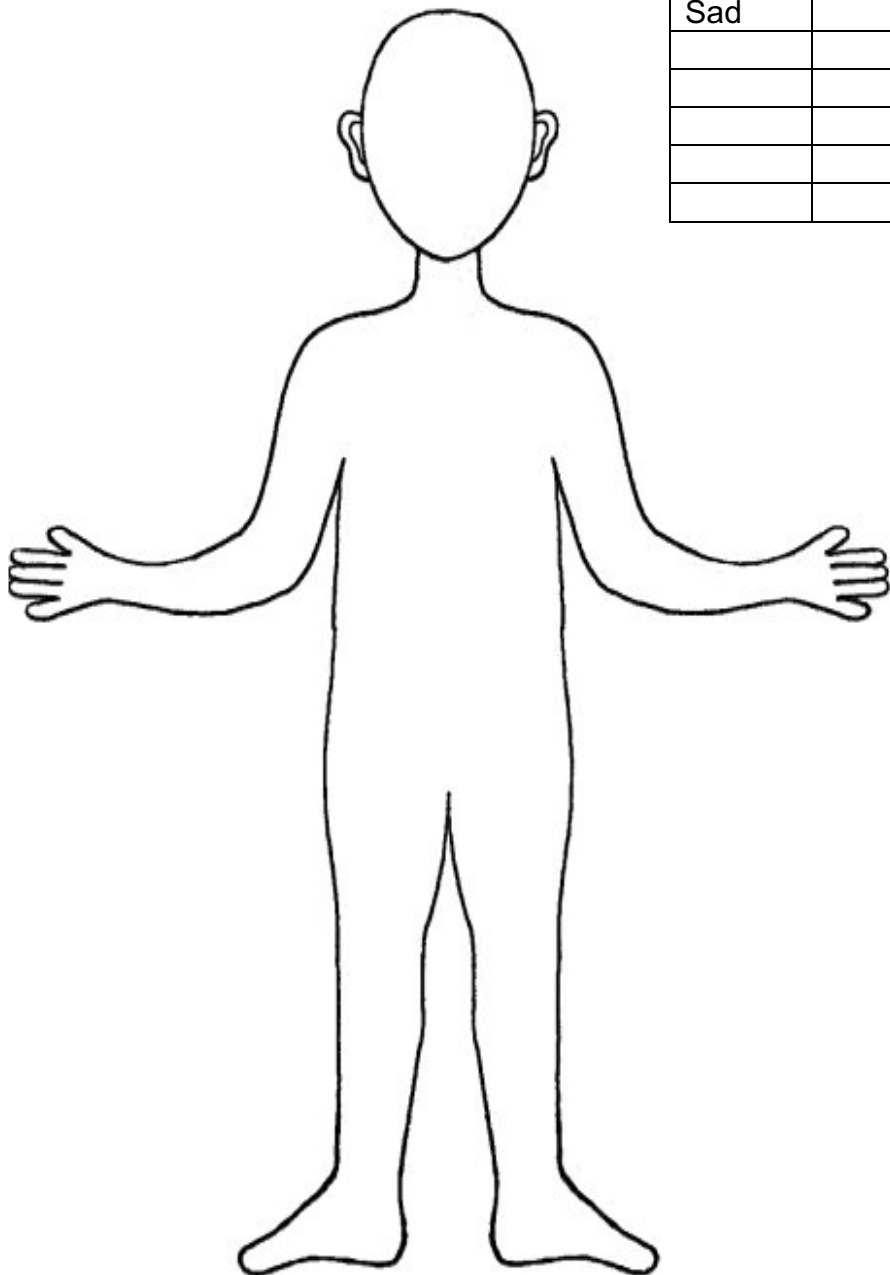
BACK Body Scan

Sensation	Colour
Heavy	
Light	
Hot	
Cold	
Tight	
Loose	



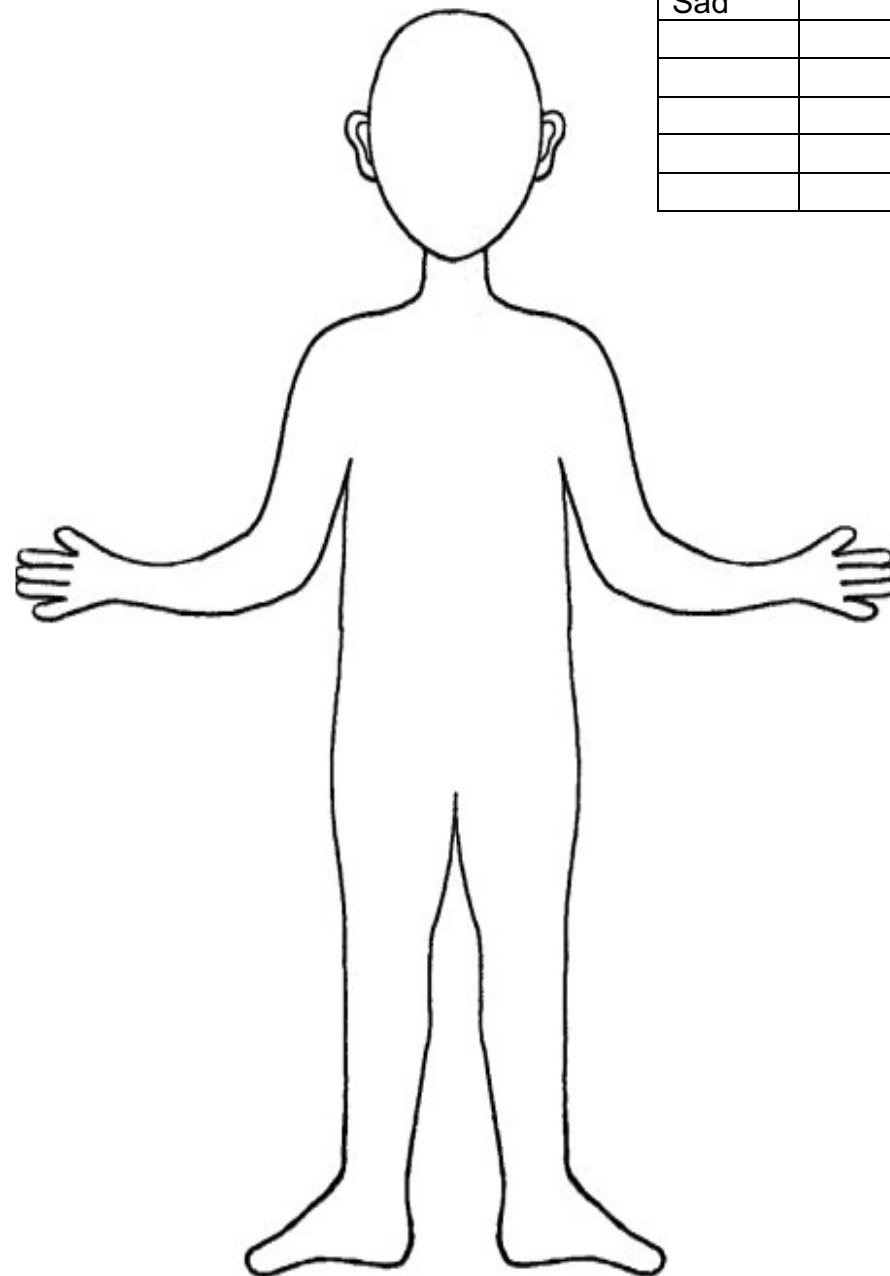
FRONT Body Scan:

Feeling	Colour
Happy	
Sad	



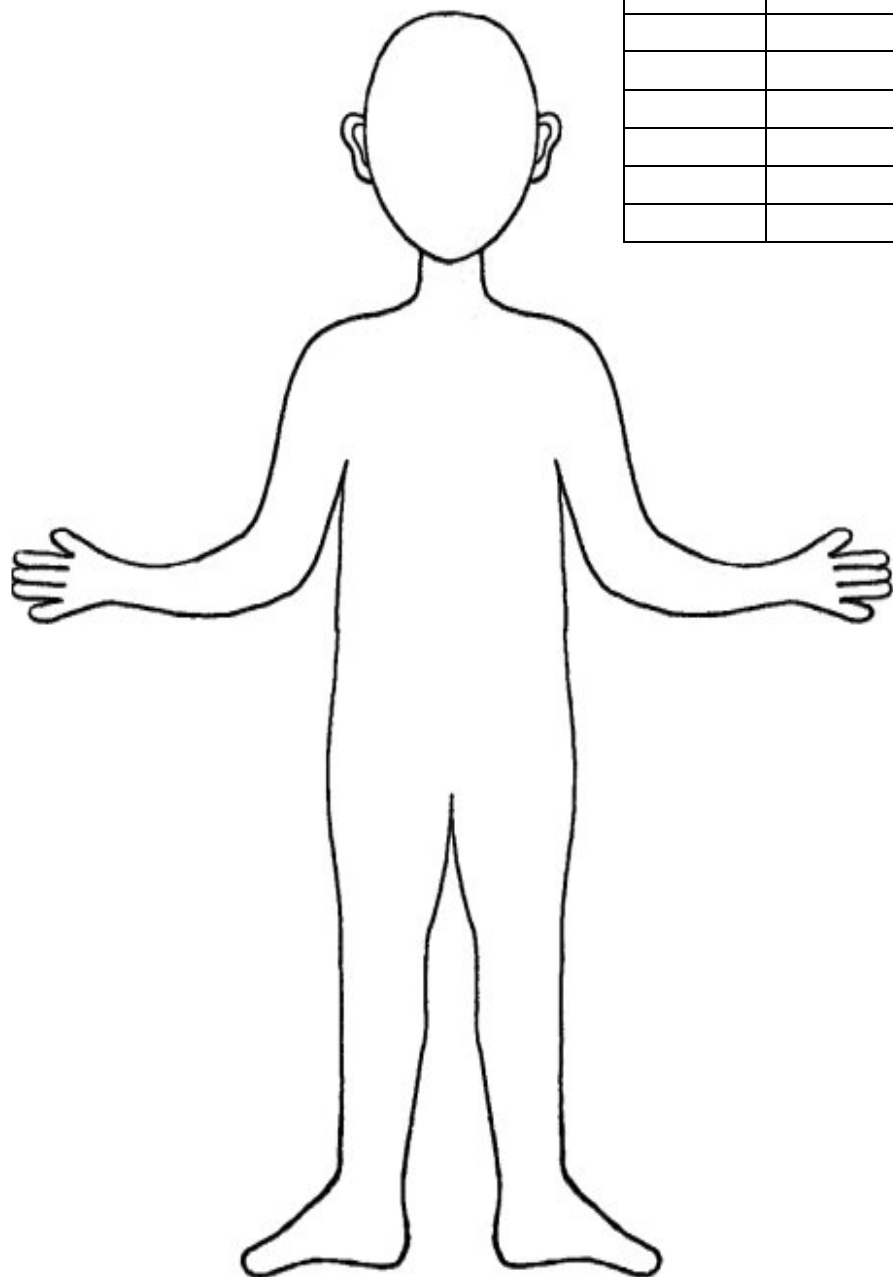
BACK Body Scan:

Feeling	Colour
Happy	
Sad	



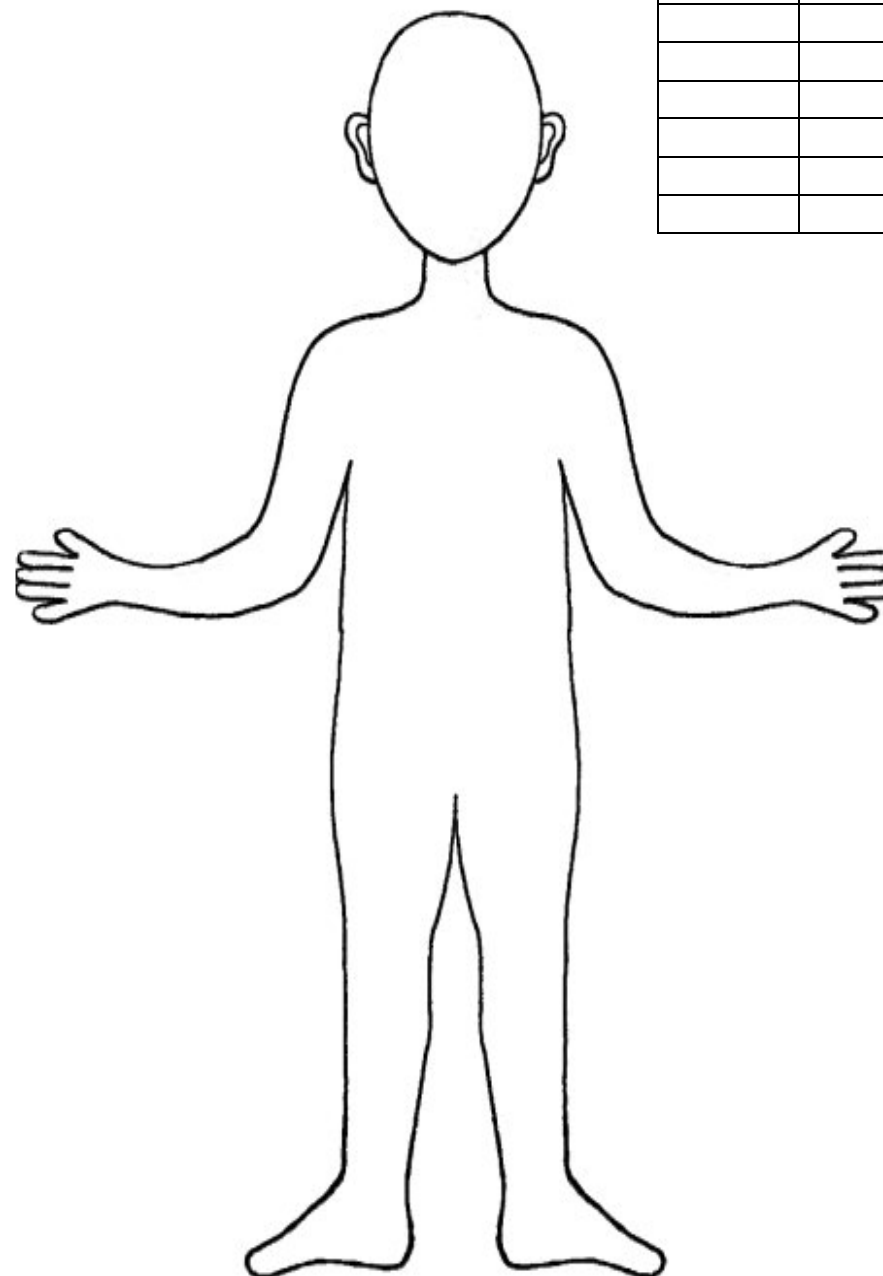
FRONT Body Scan: _____ (date)

Feeling	Colour

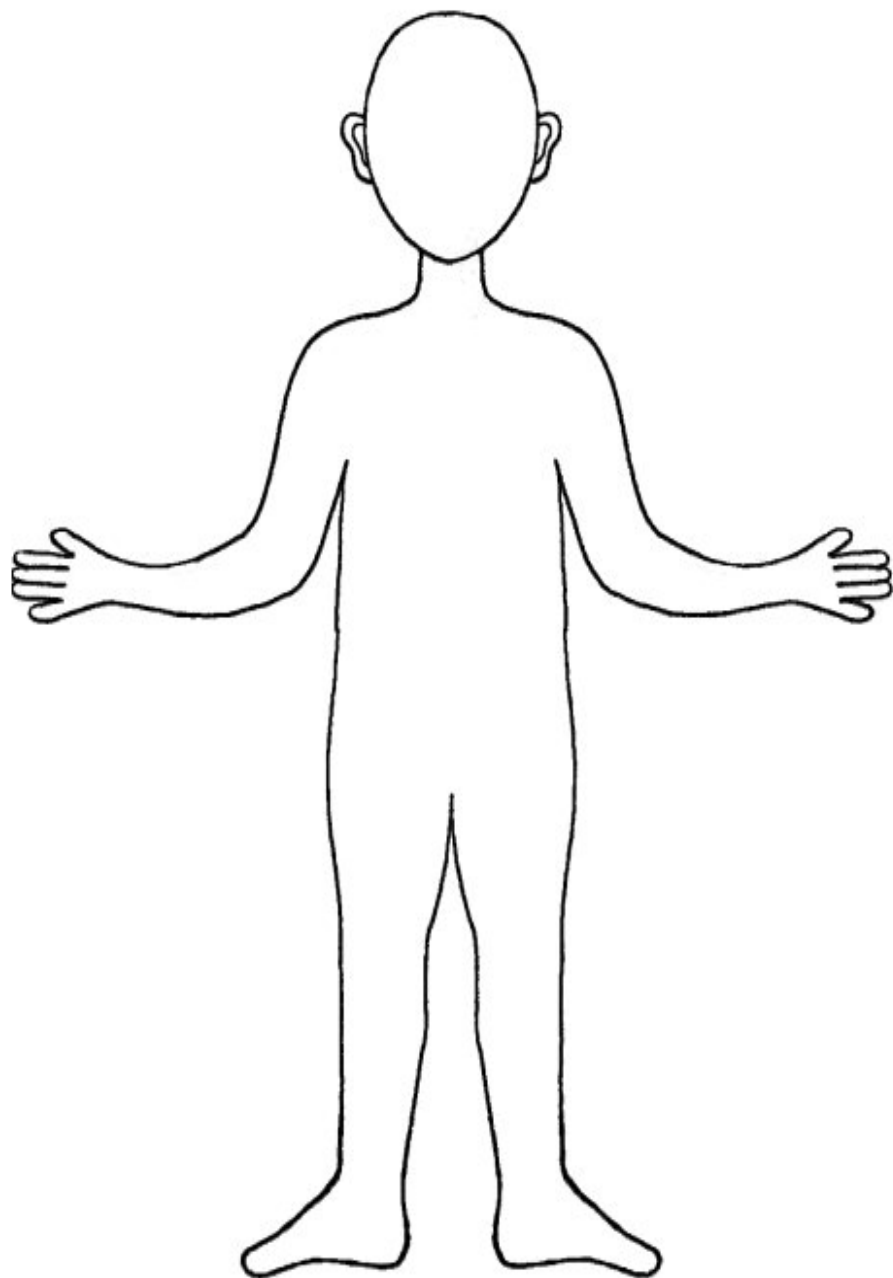


BACK Body Scan: _____ (date)

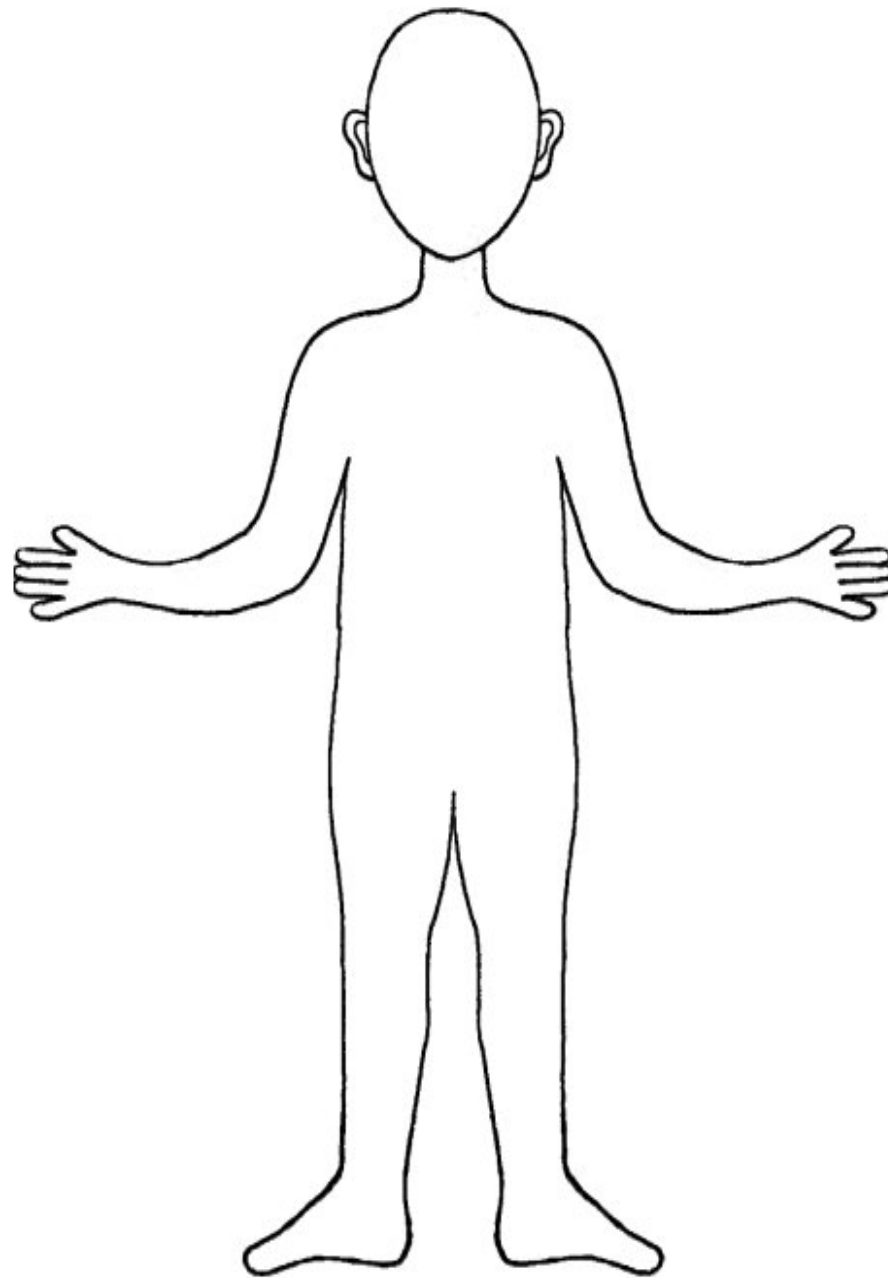
Feeling	Colour



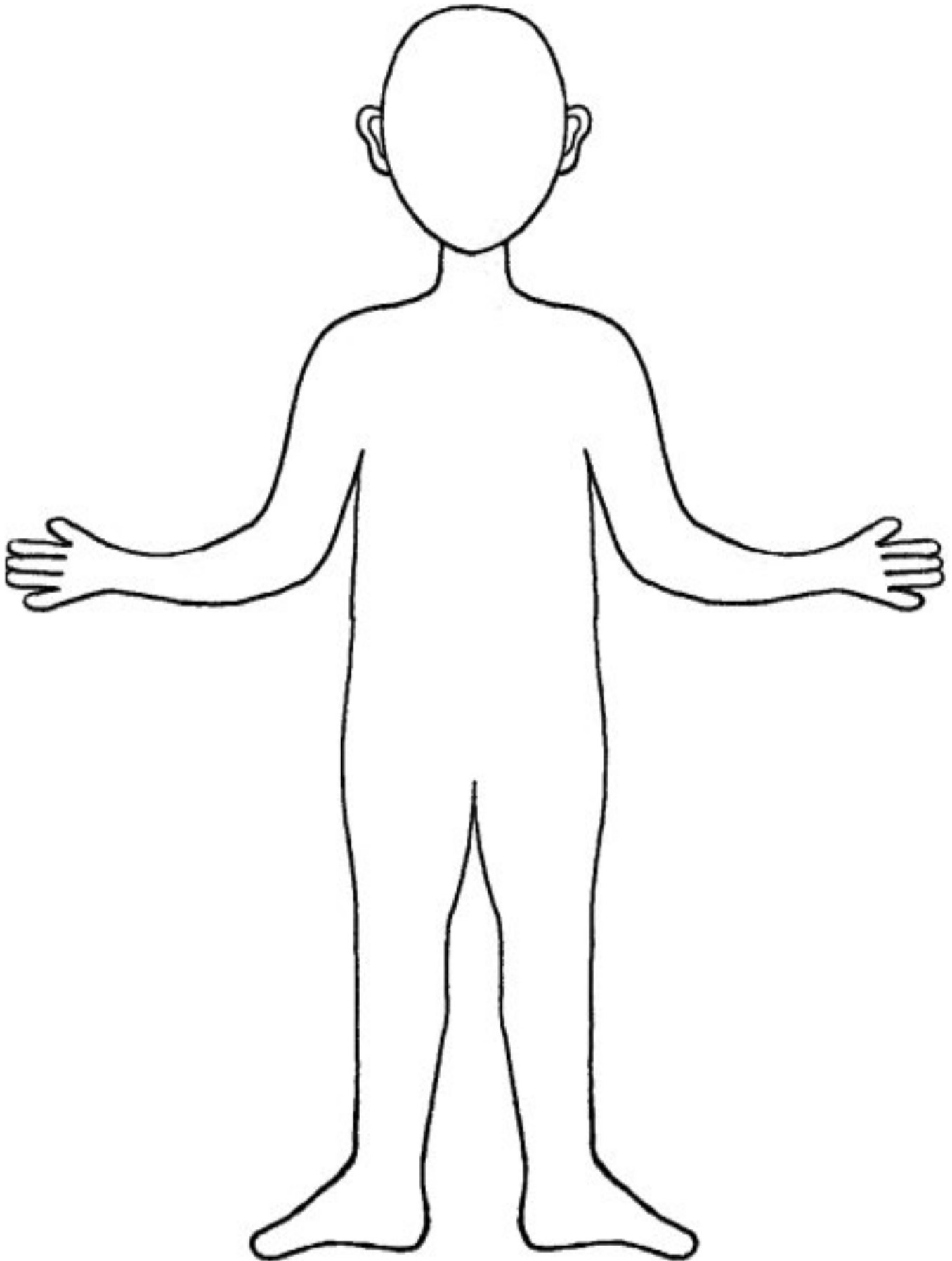
Where do I feel **ANGER**?



Where do I feel **CALM**?



Where do I feel **ANGER?**



Where do I feel **CALM?**

