

## *Parent Activity*

# INTRODUCTION TO BODY SCAN



Last week you learned about helpful thinking. The mind-body medicine skill you will be learning this week is called body scan, designed to help you become more in tune with your own body.

This activity may help you identify thoughts and emotions that may be connected to different body sensations and how to express them.

## WHAT IS BODY SCAN?

- A mind-body medicine technique to help you become more aware of sensations in different parts of your body and even learn from them how to better care for yourself
- Some examples of body sensations include thirst, hunger, tingling, fullness, emptiness, “butterflies” in the stomach or chest, tightness, looseness, ache, pain, cramp, or tiredness
- Many body sensations can be linked to emotions like sadness, fear, excitement, happiness, joy, disappointment, anger, or surprise
- When we are constantly busy, we sometimes lose our connection with our own body and emotions. Using this technique can help you reconnect with how we are feeling and what we need
- Send positive and relaxing energy to areas of your body that feel uncomfortable or tense. It’s almost as if you’re learning how to talk directly to your body (and listen to it too!)
- If we notice a feeling or emotion connected to a sensation in the body, we can use writing or drawing or coloring to express that emotion
- Uses guided meditation to focus on different body parts one at a time and incorporates soft belly breathing to make you feel relaxed!

## WHY TRY BODY SCAN?

- Gain a better understanding of your own body and emotions and how they can be connected
- Learn a skill that can help you identify and relieve stress in your own body
- Feel more relaxed and release stress from your body and mind through guided meditation
- Improve your connection with your own body and emotions, which can help you feel stronger and healthier!
- Can be used if you have any discomfort by focusing on the specific body part and sending warm, positive energy to the area of discomfort



## Parent Activity

# INSTRUCTIONS AND ACTIVITY FOR WEEK 7

For this activity, you will be using your soft belly breathing with some meditation. The goal of this activity is to “tune in” to the different parts of your body and explore what you notice.

Our body is incredibly wise and strong, but sometimes we forget to pay attention to it, listen to its signals and **nourish** it properly.

This exercise will help you **connect with your body**, and in some ways learn from or even speak to your body!



## Instructions:

1. Sit or lay down in a comfortable position
2. Take a few soft belly breaths and allow your body to relax
3. Before starting, take note of how your hands feel. Temperature can be an indicator of our personal stress level. If your hands are cold, it might mean that the part of your nervous system responsible for stress responses is activated.
4. Below is the guided meditation. You will read the sentence out loud once and then repeat that sentence silently 3-6 times before moving on to the next sentence
5. Allow yourself to focus on one body part at a time
6. Once you've finished this activity, take a little time to journal about it. What did you notice? Did anything surprise you?
7. You'll find a sheet of paper that has a body outline on it. Use this to draw what you felt in your body during this experience. Get creative with colors! Use different colors to draw any feelings, emotions, and sensations you noticed in different parts of your body.

## BODY SCAN ACTIVITY

### *Guided meditation:*

*My arms are heavy and warm...I am at peace*

*My legs are heavy and warm...I am at peace*

*My heartbeat is calm and strong...I am at peace*

*My forehead is pleasantly cool...I am at peace*

*My breathing is calm and relaxed...I am at peace*

*My abdomen radiates warmth...I am at peace*

*Now visualize yourself being healthy, strong, and happy.*

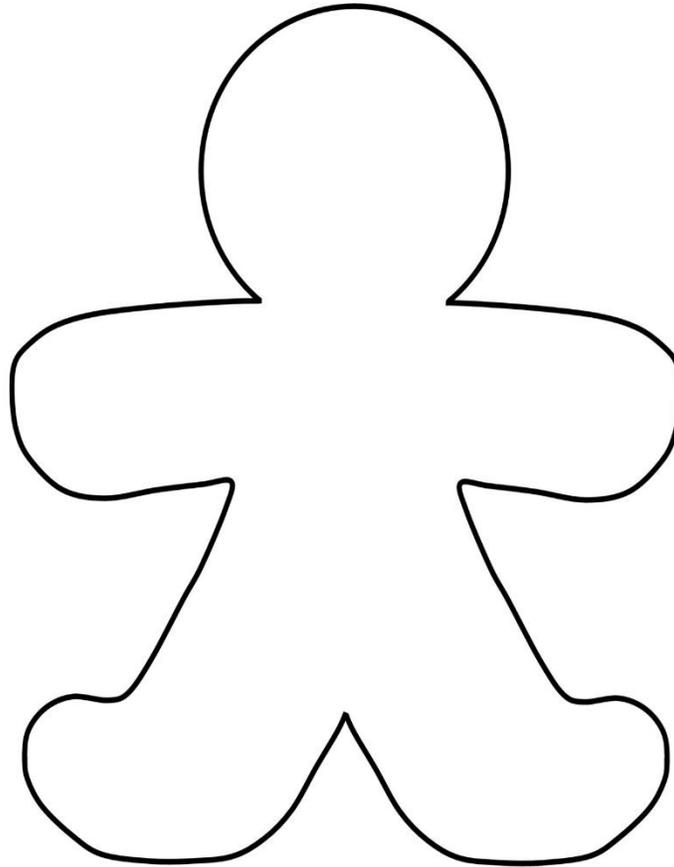
*Remain in a deeply relaxed state as long as you like*

*Bring yourself back slowly by letting your breathing deepen*

*Move your limbs gently until you are alert.*

*If you like, allow a smile to come to your face before opening your eyes.*

**\*\*repeat this activity as often as you would like!\*\***



Choose your own colors to draw where in your body you feel these emotions. Your emotions can move around and change in your body every day!

- Angry/mad/frustrated
- Relaxed/peaceful
- Scared/anxious/worried
- Embarrassed
- Sad
- Happy/glad
- Loving/caring
- Excited
- Bad
- Other feelings?

## *Kid Activity*

# INTRODUCTION TO BODY SCAN



## WHAT IS BODY SCAN?

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## WHY TRY BODY SCAN?

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- Learn a skill that can help you identify and relieve stress in your own body
- Feel more relaxed and release stress from your body and mind through guided meditation
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- Can be used if you have any discomfort by focusing on the specific body part and sending warm, positive energy to the area of discomfort



## Kid Activity

# INSTRUCTIONS AND ACTIVITY FOR WEEK 7

For this activity, you will be using your soft belly breathing with some meditation. The goal of this activity is to “tune in” to the different parts of your body and explore what you notice.

Our body is incredibly wise and strong, but sometimes we forget to pay attention to it, listen to its signals and **nourish** it properly.

This exercise will help you **connect with your body**, and in some ways learn from or even speak to your body!



### Instructions:

1. Sit or lay down in a comfortable position
2. Take a few soft belly breaths and allow your body to relax
3. Below is the guided meditation. You will read the sentence out loud once and then repeat that sentence silently three times before moving on to the next sentence
4. Allow yourself to focus on one body part at a time.

5. Once you've finished this activity, take a little time to journal about it. What did you notice? Did anything surprise you?
6. You'll find a sheet of paper that has a body outline on it. Use this to draw what you felt in your body during this experience. Get creative with colors! Use different colors to draw any feelings, emotions, and sensations you noticed in different parts of your body.

## BODY SCAN ACTIVITY

### Guided meditation:

My arms are warm and relaxed *(repeat silently three times)*

My legs are quiet and still *(repeat silently three times)*

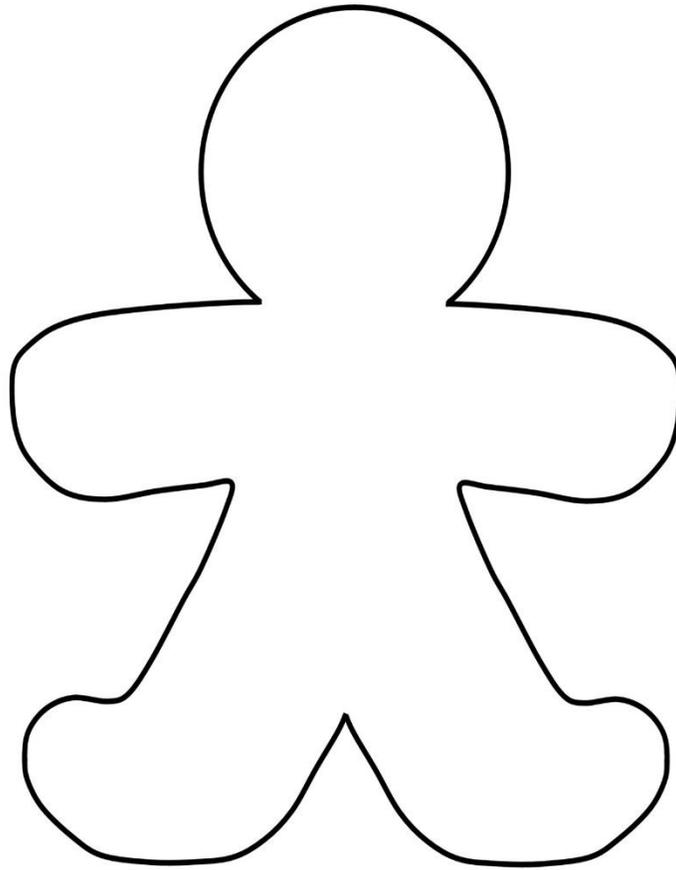
My shoulders are soft and relaxed *(repeat silently three times)*

My forehead is cool and calm *(repeat silently three times)*

My belly is warm and cozy *(repeat silently three times)*

My neck is loose and relaxed *(repeat silently three times)*

My body knows how to balance itself *(repeat silently three times)*



Choose your own colors to draw where in your body you feel these emotions. Your emotions can move around and change in your body every day!

- o Angry/mad/frustrated
- o Relaxed/peaceful
- o Scared/anxious/worried
- o Embarrassed
- o Sad
- o Happy/glad
- o Loving/caring
- o Excited
- o Bad
- o Other feelings?