

# Mindfulness – Body Map



Feelings are held within the body and can be difficult to describe. This activity aims to use art materials to visualise a feeling.

## Things you will need:

Body outline (see image at bottom of this document)

Art materials (pens, pencil, glue, paper, tissue, paint etc...)

## Instructions:

### Step 1 - Body Scan

Close your eyes, feel your toes in your mind and slowly move up your body. Think about what it feels like. What colour can you see, is there a picture in your mind, where are your feelings? Continue up your body and out the top of your head. Pick up the outline.

### Step 2

Fill in the shape.

### Step 3

These images can be discussed between family and you can choose to compare them to a previous/future image the same person has created.



