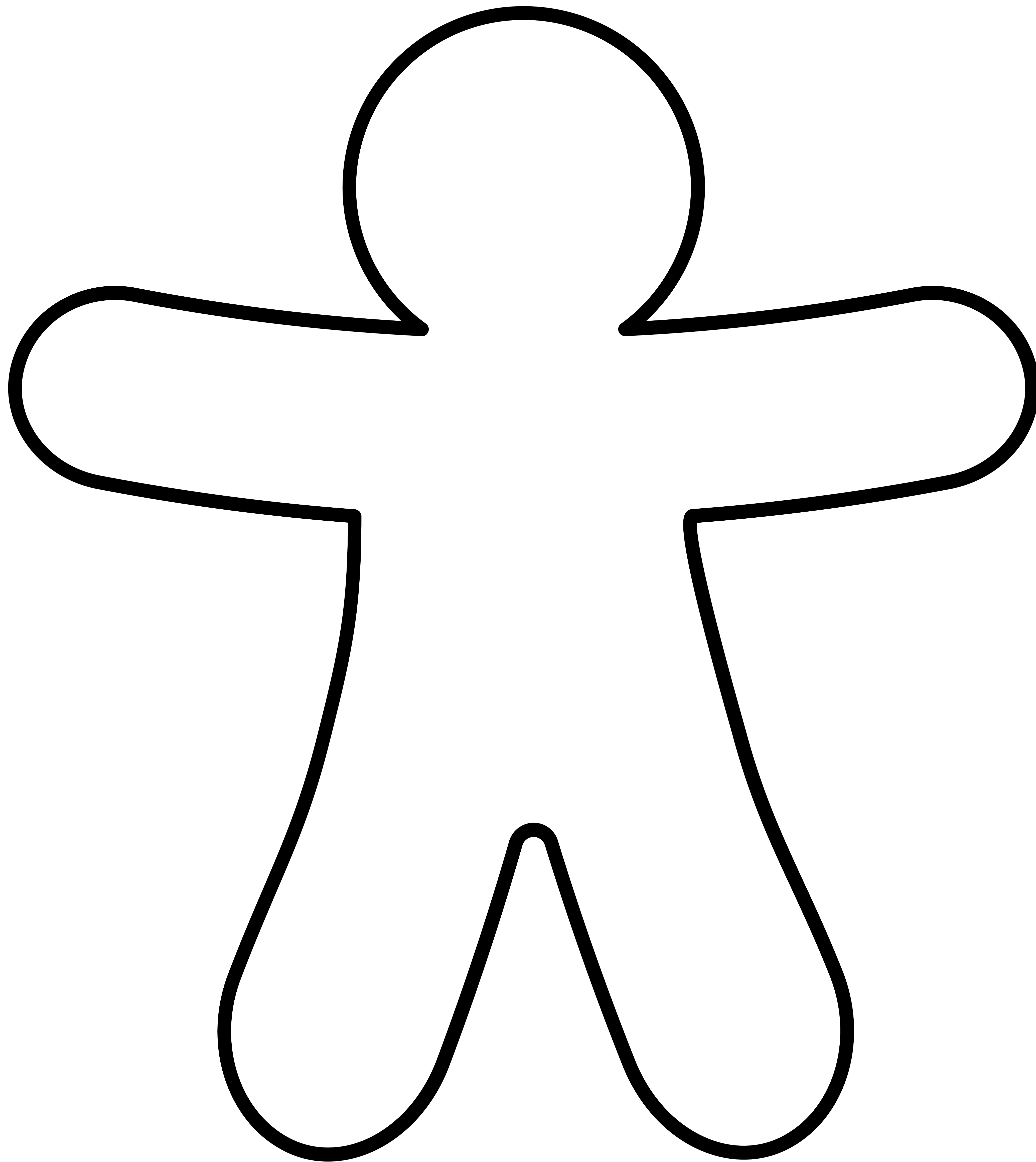
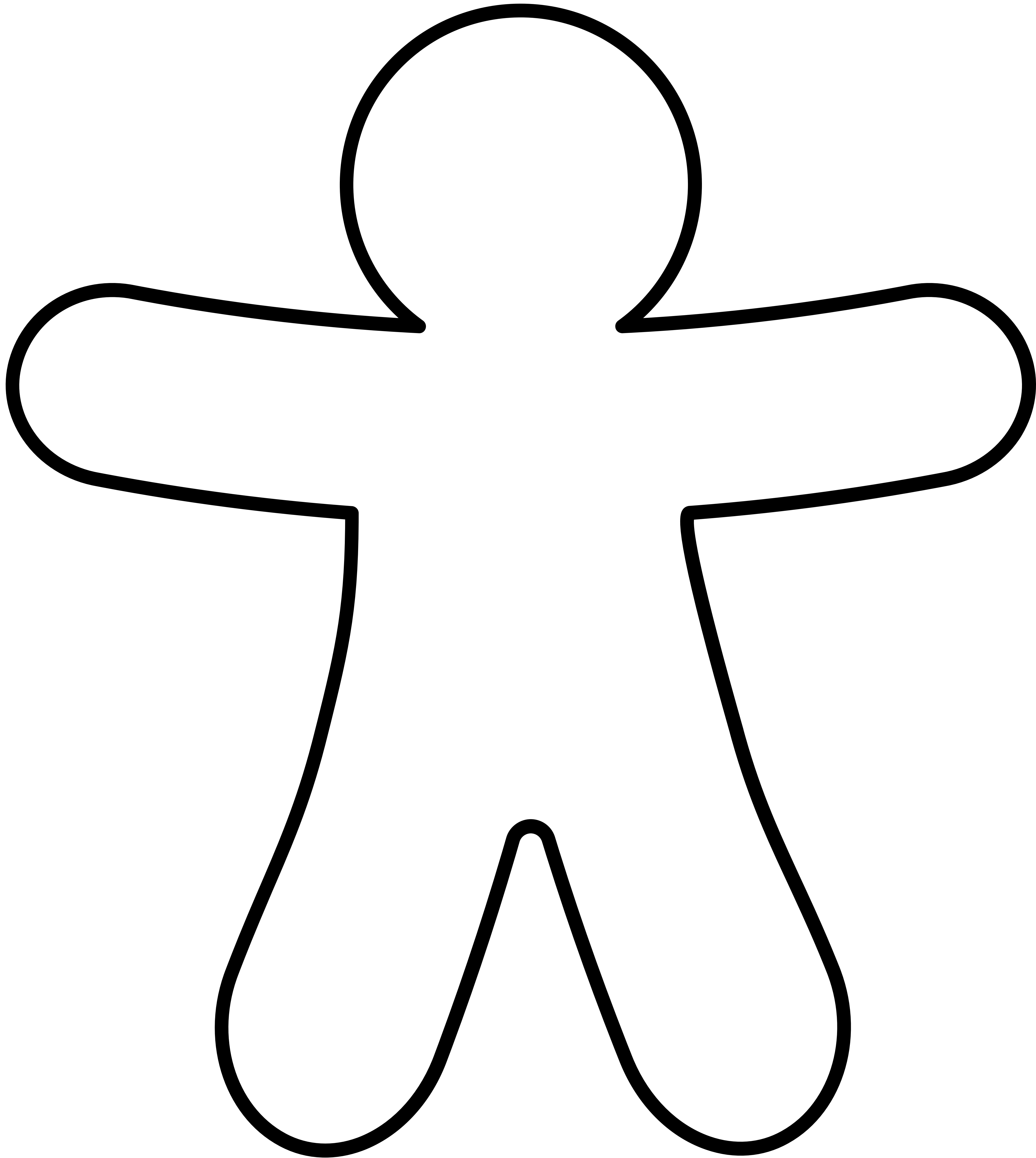


# SENSATIONS & CALL MY BODY



**COLOUR/ DOODLE/ SCRIBBLE TO SHOW DIFFERENT SENSATIONS INSIDE & OUTSIDE - FEEL  
FREE TO USE DIFFERENT COLOURS & TEXTURE IF YOU WANT TO**

# FEELINGS & MY BODY



**COLOUR/ DOODLE/ SCRIBBLE TO SHOW DIFFERENT FEELINGS INSIDE & OUTSIDE - FEEL  
FREE TO USE DIFFERENT COLOURS & TEXTURE IF YOU WANT TO**

# **WHAT DO I FEEL IN MY BODY?**

**TENSE SHOULDERS**

**DIZZINESS**

**SHAKING**

**HEADACHE**

**STOMACH ACHE**

**BACK PAIN**

**FEEL NUMB**

**TINGLING**

**KICKING LEG**

**RED FACE**

**BURNING**

**MEMORY BLANK**

**MIGRAINE**

**STUTTERING**

**STAMMERING**

**SWEATY PALMS**

**FEEL SICK**

**TIGHT CHEST**

**WOBBLY & DIZZY**

**BLURRY VISION**

**BREATHING HARDER & FASTER**

**NEED THE LOO**

**IF I FEEL UNSAFE .. MY BODY  
LETS ME KNOW**