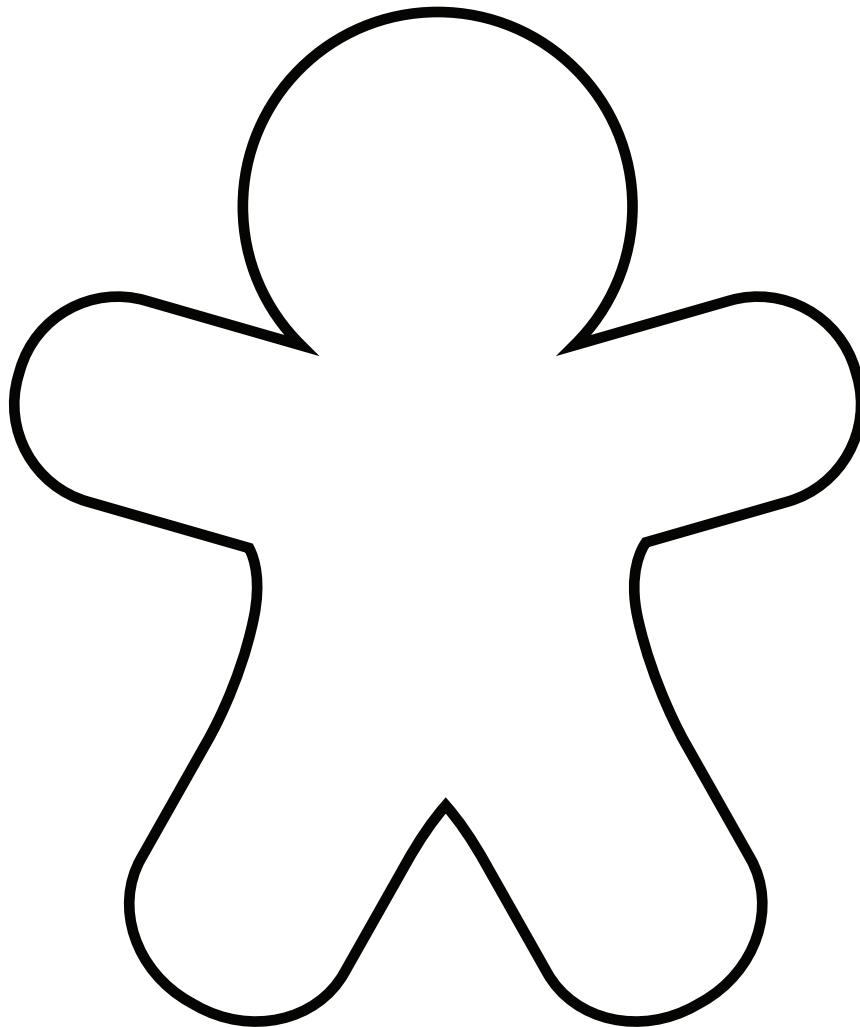


# GINGERBREAD ACTIVITY

**The purpose of this activity is to notice where in our bodies we feel our feelings.**

Start with a body scan; notice any sensations you're experiencing (sensations are things like warmth, coolness, tingling, itches, tightness). Check in with yourself to see if any of these sensations might be connected to an emotion, for example feeling heat in your face might be related to anger or anxiety. **Choose a different colour for each emotion you are feeling and colour the gingerbread where you felt those in your body.**



**I feel...**

**Happy**

**Angry**

\_\_\_\_\_

**Calm**

**Anxious**

\_\_\_\_\_

**Excited**

**Sad**

\_\_\_\_\_