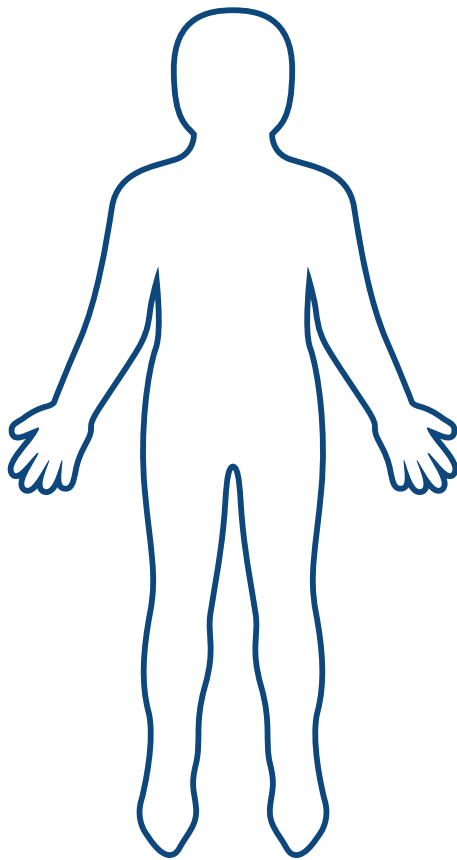


NAME: _____ DATE: _____

Crim EMOTIONS BODY MAP

INSTRUCTIONS: Using the emotions body map below, use different colors to signal each of the different emotions, then show where you feel these emotions in your body using those same colors. For example, "Angry" could be red. If you feel anger in your chest, then you would color your chest red.

There's no right or wrong way to do this, just tune into your own experience. Afterward, complete the reflection below to name what you noticed.



EMOTIONS KEY:

- | | |
|--|---|
|  Angry |  Hopeful |
|  Anxious |  Joy |
|  Calm |  Lonely |
|  Excited |  Loved |
|  Frustrated |  Overwhelmed |
|  Grateful |  Sad |

This space is for you to reflect how you feel after that practice. Note anything you've learned from this exercise:
