



TOOLS YOU CAN USE
Mind Body Skills

Use the script to guide a child through a body scan. Afterward, invite the child to fill in the areas on the accompanying worksheet to indicate what that particular body part might say if it could talk. For example, “my head would say it is heavy and foggy” or “my legs would say they want to move”. They can fill in as many as they wish. Explore how that body part might feel better or a sense of relief based upon what it would say if it could talk.

Body Scan Script

Take a few deep breaths. As you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.

Draw your awareness to your head. Feel your head and your face. Notice temperature, and sensation. Begin a conversation with your head. What would your head say to you if it could talk to you?

Bring your awareness to your throat. Feel your throat. Notice what sensations are present in this space. What might your throat say to you if it could talk?

Bring awareness into your chest. Feel the space in the front and back of your chest. What sensations do you notice here? What might your chest say to you if it could talk?

Now bring your attention to your arms. Feel your arms and your hands. What do you notice here? What might your arms say to you? Your hands?

Draw your awareness to your belly. Feel the space in front of your belly and around to your back. What do you notice here? What might the space of your stomach say? What about your back?

Now take your attention to your legs. Feel your legs from your hips down to your knees, calves, and ankles. What sensations are present here? Feel where your legs are touching something else. If your legs could talk to you, what would they say?

Shift your awareness down into your feet. Feel your feet and your toes? What sensations are present here? Notice what your feet are touching. What would your feet say to you if they could talk?

Now zoom your awareness out to your whole body. Are there places in your body that you notice tension? Take a deep breath in, and as you breathe out release any place that you may be holding tension. Do this until you feel complete, and then invite some movement into your body. Perhaps wiggle fingers or toes, or make circles with your head.

As you bring your awareness back into the room, use the body scan sheet to integrate your body scan experience.

If My Body Could Talk

