Gentle noticing of body and emotions

Adults and teens 12+ | Optional awareness practice with your counselor

Choose only what feels workable. Keep your eyes open if you prefer. You do not need to scan your body, change your breathing, touch yourself, or revisit trauma.

A body sensation does not tell you which emotion you have. Sensations can also relate to sleep, hunger, pain, illness, medication, or many other things.

Choose where to begin

☐ Look at a neutral object or color ☐ Notice a sound around me
☐ Notice one tolerable body sensation ☐ Talk instead ☐ Skip for now

Something in the present that helps me know where I am

Describe only what I notice

Use ordinary words, such as warm, cool, tense, heavy, light, still, or unclear. There is no correct sensation to find. An outside observation is also enough.

My observation, without needing to explain it

Keep the possibilities open

A possible feeling, if any, or "I am not sure"

Other context that may matter, such as rest, food, surroundings, or health

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Choose whether to continue

Right now I want to: ☐ stop ☐ change focus ☐ continue briefly
☐ ask for support

One gentle next step, such as looking around, moving comfortably, or talking

Afterward: ☐ more comfortable ☐ about the same ☐ less comfortable
☐ unsure

If you feel more distressed, disconnected, or overwhelmed, stop and reconnect with your surroundings or a trusted person. New, severe, or concerning physical symptoms need medical attention rather than an emotion worksheet.