

Make a SENSATIONAL journal!

Find a notebook. Any notebook will do.
Throughout the day, write down your sensations.
What is a "sensation?" Examples of sensations are:

My tummy feels like jiggly jello!
I feel dizzy and confused.
My hands are shaking.
My heart is beating fast.
My breathing is rapid.
My feet feel numb.
My eyes are blinking a lot.
My mouth is dry.
I have to go to the bathroom a lot.

It will help if you take a moment to get quiet. Then notice what you are feeling and write it in your SENSATIONAL journal. You can show it to an adult you love and together you can talk about everything you are experiencing. Ask adults if they have had similar feelings and sensations.

After you have identified your sensations, you have LOTS of choices:

You can meditate.
You can "Flap" Remember the Tweet-Hearts taught you that?
You can draw a picture. You can take a walk. You can look at birds.
You can make "feeling" cards. An adult can hide the cards.
Sometimes we have to go "find" our feelings!

Notice your sensations after your chosen activity.
Are they different than before?

Sensations happen to everyone.

