



## Activity 5.1

# Check In: How Are You Feeling? Where Are You Right Now In Your Body?

### Objectives:

- Develop an ability to readily and accurately be in tune with one's body and emotions and articulate those feelings clearly.
- Develop an ability to identify how one's body reacts to one's state of emotions.
- Consider ways to identify the possible emotions of others based upon their body language and ways to help them identify those indications for themselves.

### Steps:

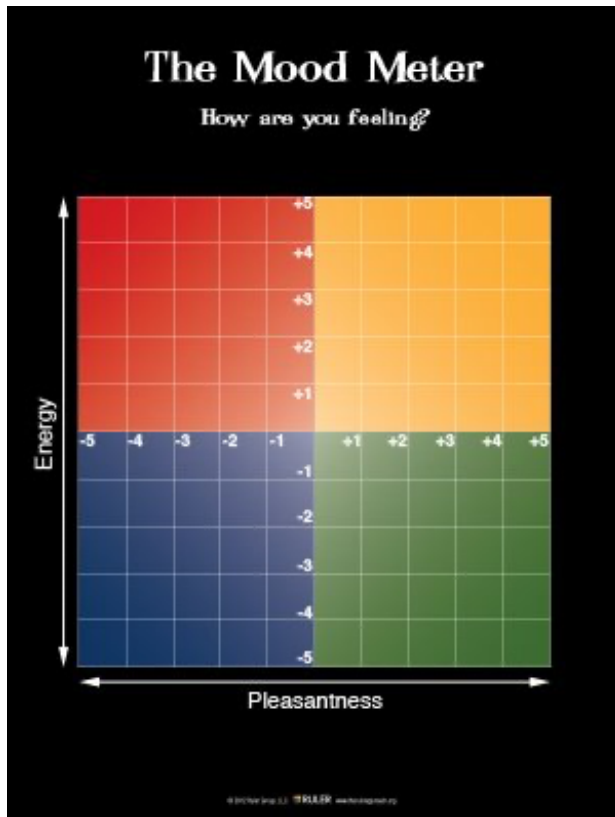
1. Use the *Feelings Chart* to identify your current emotional state with specific words and descriptions.
2. Use the *Body Chart* to identify how your body is currently reacting to your state of emotions.
  - a. Body Scan Meditation:
    - i. Sit comfortably with back straight and feet flat on the floor.
    - ii. Focus attention slowly and deliberately on each part of the body, starting at top of head. Bring attention to surface of skin one inch at a time. Try to feel scalp, ears, eyelids, and nose. Continue, moving across the face, down the neck and shoulders, and all the way down to the toes.
    - iii. Note feelings – these may be nothing at all, discomfort, or a pleasant warmth and comfort.
    - iv. Move only to relieve pain but try to note each feeling with simple acknowledgement.
3. Discuss:
  - a. Why is it important to check in with our feelings daily/frequently?
  - b. Why is this important to be shared with the students?



## HANDOUT 1 for Activity 5.1

### Check In: How Are You Feeling? Where Are You Right Now In Your Body?

#### MOOD METER



**NOTE:**

*The above graphics were created by the Yale Center for Emotional Intelligence.*



HANDOUT for Activity 5.1

## Check In: How Are You Feeling? Where Are You Right Now In Your Body?

### **BODY CHART**

