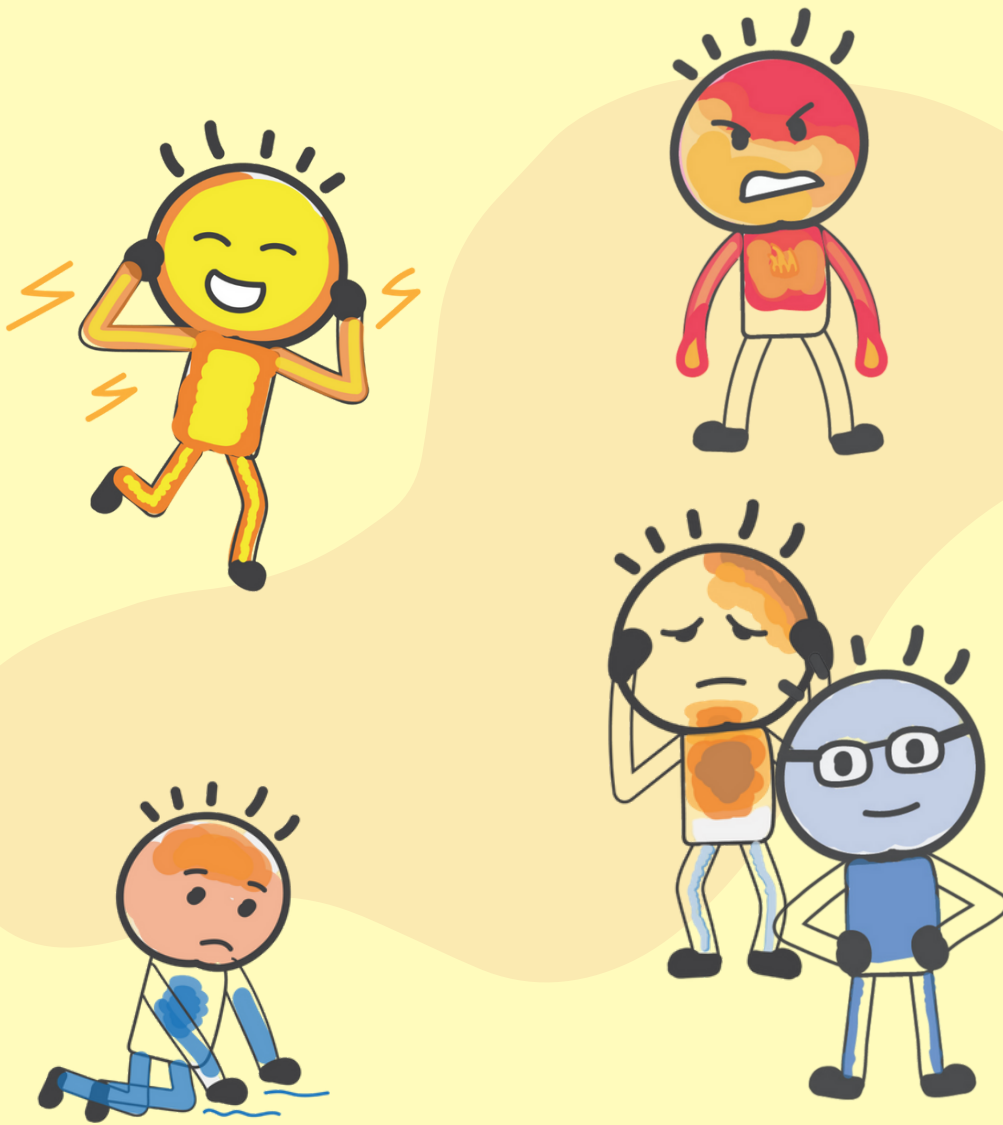


In My Body, I Feel

a story about the felt sense of emotions



JACKIE FLYNN

This book is dedicated to my amazing daughter, Angel Grace.
I "feel" so loved in my heart when I think of her.
She's my biggest inspiration and my greatest teacher.



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IN MY BODY, I FEEL

a story about the felt sense of emotions

JACKIE FLYNN



Hi, I'm Sam. Guess what!
I feel my emotions in my body.

Happiness feels
bright and light
in my body.





Worry feels
tight and jittery
in my body.

Anger feels
hot and powerful
in my body.





Hurt feels
heavy in my body.

Sometimes, I cry.

Did you know that
feelings don't
last forever?!?

Feelings shift and change.





The feelings in my body
come with thoughts and images.



My mind and body
have 3 zones:
RED, GREEN and BLUE!

When I am in my red zone,
I feel overwhelmed.
I want to run, scream,
and hit things.



When I am in my green zone,
I feel capable to do
what I need to do.

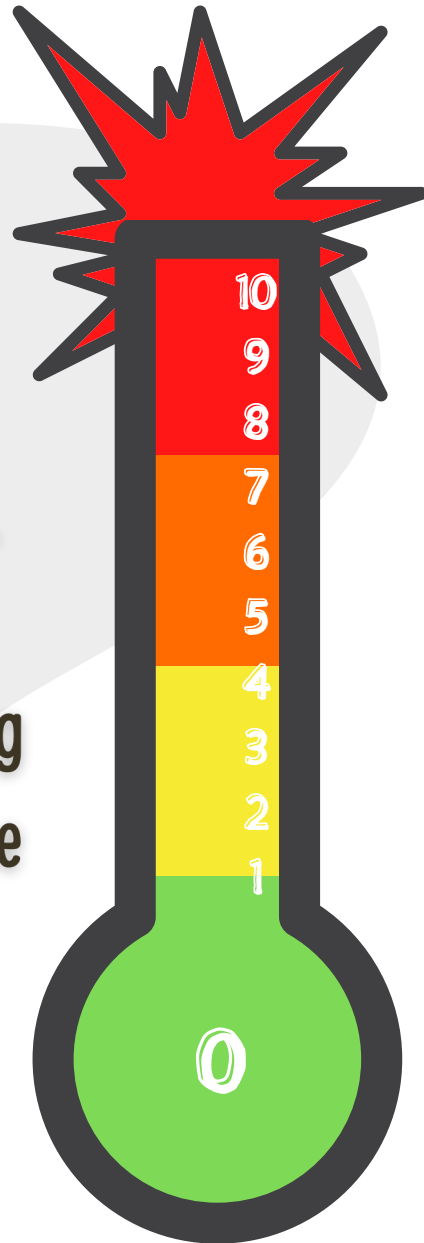


When I am in my blue zone,
I feel shut down,
disconnected, and tired.



I rate my feelings
on a scale of 0 to 10.

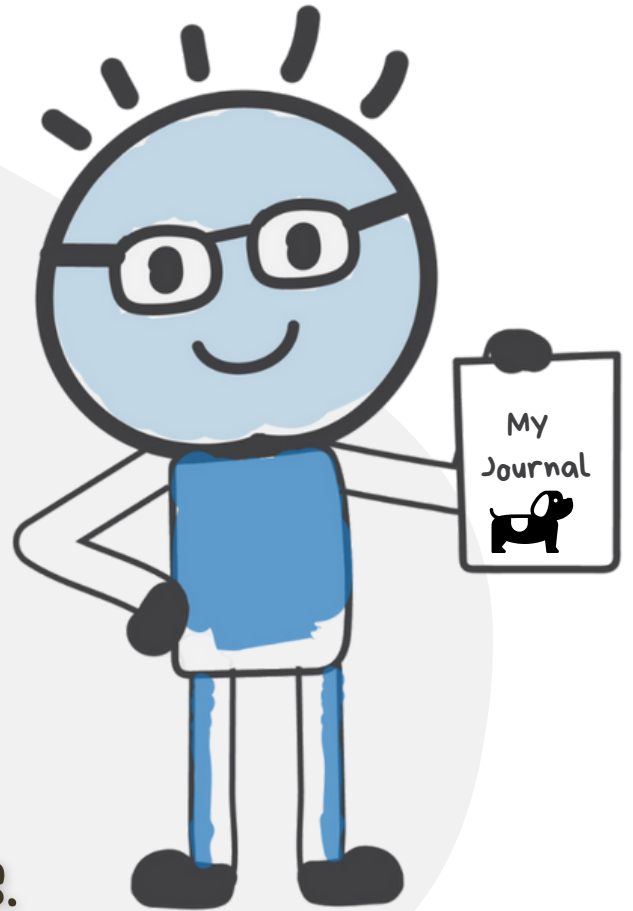
Zero feels like nothing
at all and ten feels like
the worst ever!!



This is my journal.

I write and draw
about life in it.

Journaling helps me to
feel better about things.





Did you know that
emotions aren't
good or bad?

Everybody feels
emotions!

Here are some emotions
I've felt recently.



joyful
grateful
happy
excited

worried
scared
vulnerable
fearful

frustrated
angry
annoyed
rage

sad
hurt
hopeless
unhappy

prepared
neutral
safe
content

Sometimes, I feel **FRUSTRATED**.

And, this is how it
feels in my body.





Sometimes, I feel **UNHAPPY**.
And, this is how it
feels in my body.

Sometimes, I feel **HAPPY**.
And, this is how it
feels in my body.





Sometimes, I feel SCARED.

And, this is how it
feels in my body.

Sometimes, I feel **ANGRY**.
And, this is how it
feels in my body.





Sometimes, I feel **HOPELESS**.

And, this is how it
feels in my body.

Sometimes, I feel EXCITED.
And, this is how it
feels in my body.





Sometimes, I feel **WORRIED**.

And, this is how it
feels in my body.



Sometimes, I feel RAGE.
And, this is how it
feels in my body.

**Sometimes, I feel SAD.
And, this is how it
feels in my body.**





Sometimes, I feel JOYFUL.

And, this is how it
feels in my body.

Sometimes, I feel FEARFUL.
And, this is how it
feels in my body.





Sometimes, I feel **ANNOYED**.

And, this is how it
feels in my body.

Sometimes, I feel HURT.
And, this is how it
feels in my body.





Sometimes, I feel **GRATEFUL**.
And, this is how it
feels in my body.

Sometimes, I feel **VULNERABLE**.

And, this is how it
feels in my body.





Scan your body.

**What sensations
do you notice?**

**Where do you feel it
in your body?**

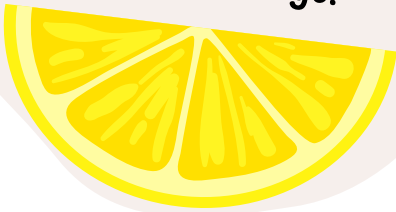
**What are some thoughts,
emotions, and images
that go with it?**

**How big does it feel
on the 0 - 10 scale?**

Here are a few things I do to relax my mind and body when I feel difficult emotions.

- I breathe in through my nose for 4 seconds.
- Then, I hold it in for 7 seconds.
- Then, I breathe out through my mouth with a WHOOOOSHing sound for 8 seconds.

I imagine biting into a juicy, sour lemon wedge.



I name...

- 5 things that I can see.
- 4 things that I can hear.
- 3 things that I can touch.
- 2 things that I like to taste.
- 1 thing that I like to smell.

I visualize breathing deep in and out of the ground below me.

"In My Body, I Feel: A Story About the Felt Sense of Emotions"
presents kid-friendly visual representations to support Somatic Awareness, conceptual understanding of the Window of Tolerance, practical application of the Subjective Unit of Distress (SUD) 0-10 scale, capacity to Ground, Emotional Literacy development, and more.



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For more Play Therapy resources,
visit www.playtherapycommunity.com
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