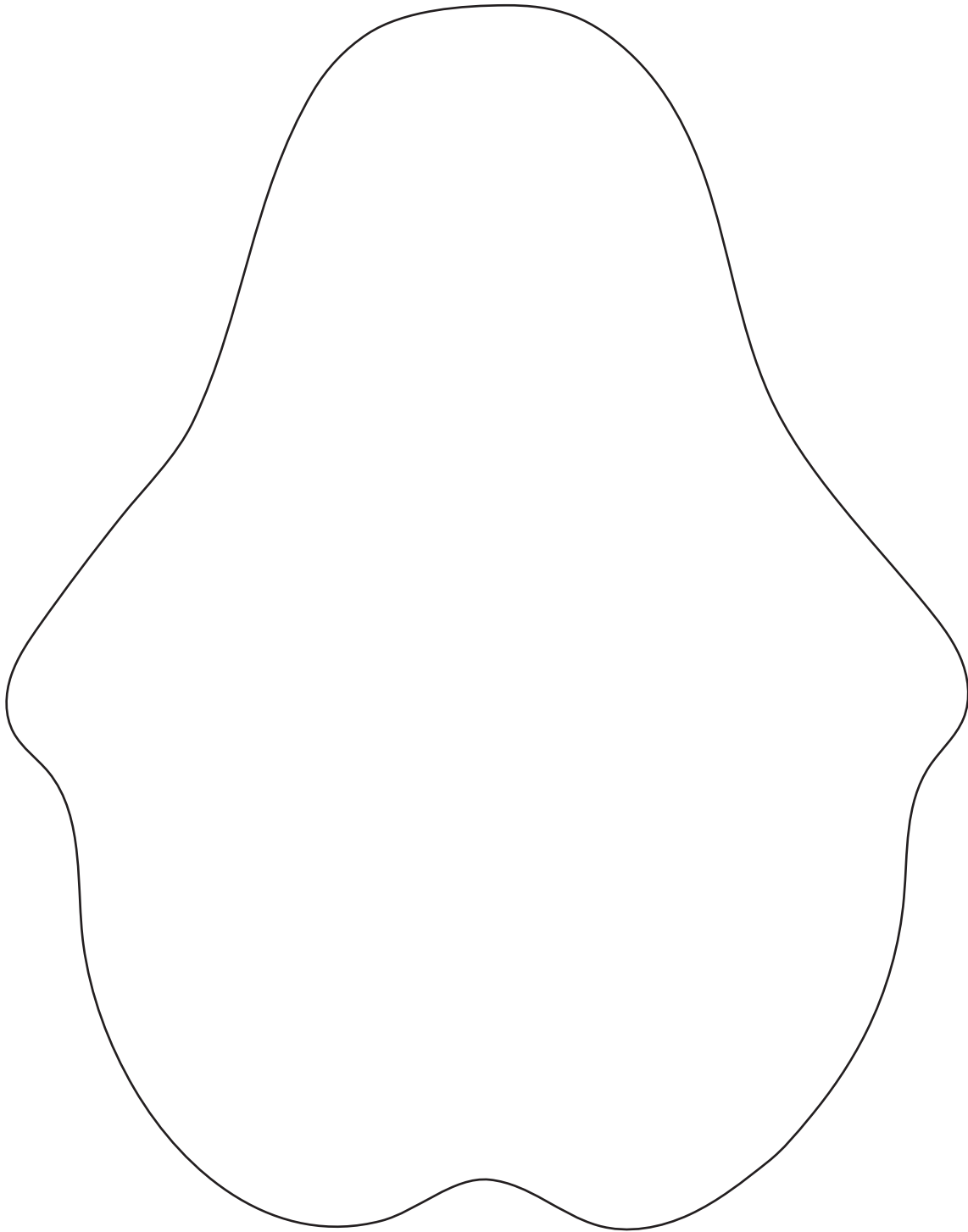


In my body I feel;

- Reflect on your emotions and use colour to draw where you are experiencing them in your body.
- Connect the colours to see how your feelings are related or interconnected.



Mapping your feelings encourages mindfulness by inviting self-reflection and awareness of your emotional state and how it feels within your body. This allows you to gain insights into your inner world.