



COGNITIVE BEHAVIOURAL THERAPY

STRATEGIES (A 10-PART SERIES)

PART 2 UNDERSTANDING ANXIETY

BrantfordPAC.com/Wellness

BODY MAPPING empowers children to take an active role in managing their emotional well-being by visually representing physical sensations on a body outline. This activity increases awareness of the those sensations, which helps children identify when they're feeling anxious. By understanding the physiological manifestations of their emotions, they can implement the coping strategies they've learned to develop increased self-awareness, identify patterns, and improve communication skills.

Materials Needed

Body outline template (page 2)
Coloured markers or crayons
Comfortable and quiet space

Give your child the body outline template and explain that they will use it to mark where they feel physical sensations in their body.

Identify Physical Sensations:

Ask your child to focus on the physical sensations they may be experiencing. These sensations can include, but are not limited to:

- Headache
- Racing Heart
- Sweaty Palms
- Numbness
- Feeling Flushed
- Dizziness
- Shakiness
- Nausea
- Chest Pains
- Difficulty Breathing

Choose Marking Tools: Let your child choose a colour for marking each sensation. For example, red could represent pain, blue could represent discomfort, etc.

Mark the Body Map: Instruct your child to mark or colour the part of the body where they feel each sensation the strongest. For example: If they're experiencing a headache, they might mark their head; if they feel nauseated, they might mark their stomach.

Discuss the Sensations: Encourage your child to explain how it feels in their body. For instance, they might say the headache feels like a really strong heartbeat in their head.

Repeat and Reflect: Repeat the marking process for any other physical sensations your child wants to explore. Encourage creativity with the use of shapes and lines. Once completed, reflect with your child on the sensations they've identified. Validate their experiences and reassure them that it's normal to have these bodily responses.

