

# my body is my friend and my teacher

I practice listening to my body to find out how I feel.

When I feel happy, my body feels good and comfortable all over.

When I feel unhappy, sad or tired:

- My heart can beat fast or slow
- My face can be red, ashy or white
- My fists can tighten or loosen
- My chest can get hot or cold

When I feel angry, my tummy can feel tight

- Scared, it can feel shaky
- Hungry, it can be upset

When my body tells me I'm angry, I practice backing away before I do the wrong thing.

After I back away, I need to go out and play.

