

Instructions for the adult working with children using the **Body Outline Worksheet**

The Body Outline Worksheet is designed to help children, especially children with ASD, to increase their awareness of how their bodies are affected by feeling upset. This visual method will often elicit more information than merely questioning the child, enabling you to target the affected areas more accurately in your relaxation work.

Here are some words you can use to introduce and explain:

When people get annoyed, worried, angry, sad or upset, they get these bad feelings in both their minds and their bodies. Everybody's body gets upset in different ways. Listen carefully and think while I ask you some questions about your feelings and your body.

When you get angry, sad, worried or upset...

... does your head feel different?

... Does your mouth or jaw feel tight?

... Does your chest feel tight?

... Do you seem to breathe harder?

... Does your heart seem to beat faster?

... Do you make fists? Do they feel like hitting something?

... Does your stomach hurt?

... Do your legs feel wiggly or restless? Do you pace around?

... Do you stamp your feet?"

Now, here is a worksheet for you. Put an X on the places in your body that feel different or uncomfortable when you are angry, sad, worried or upset.