

Let's Explore

The Emotion Scientist



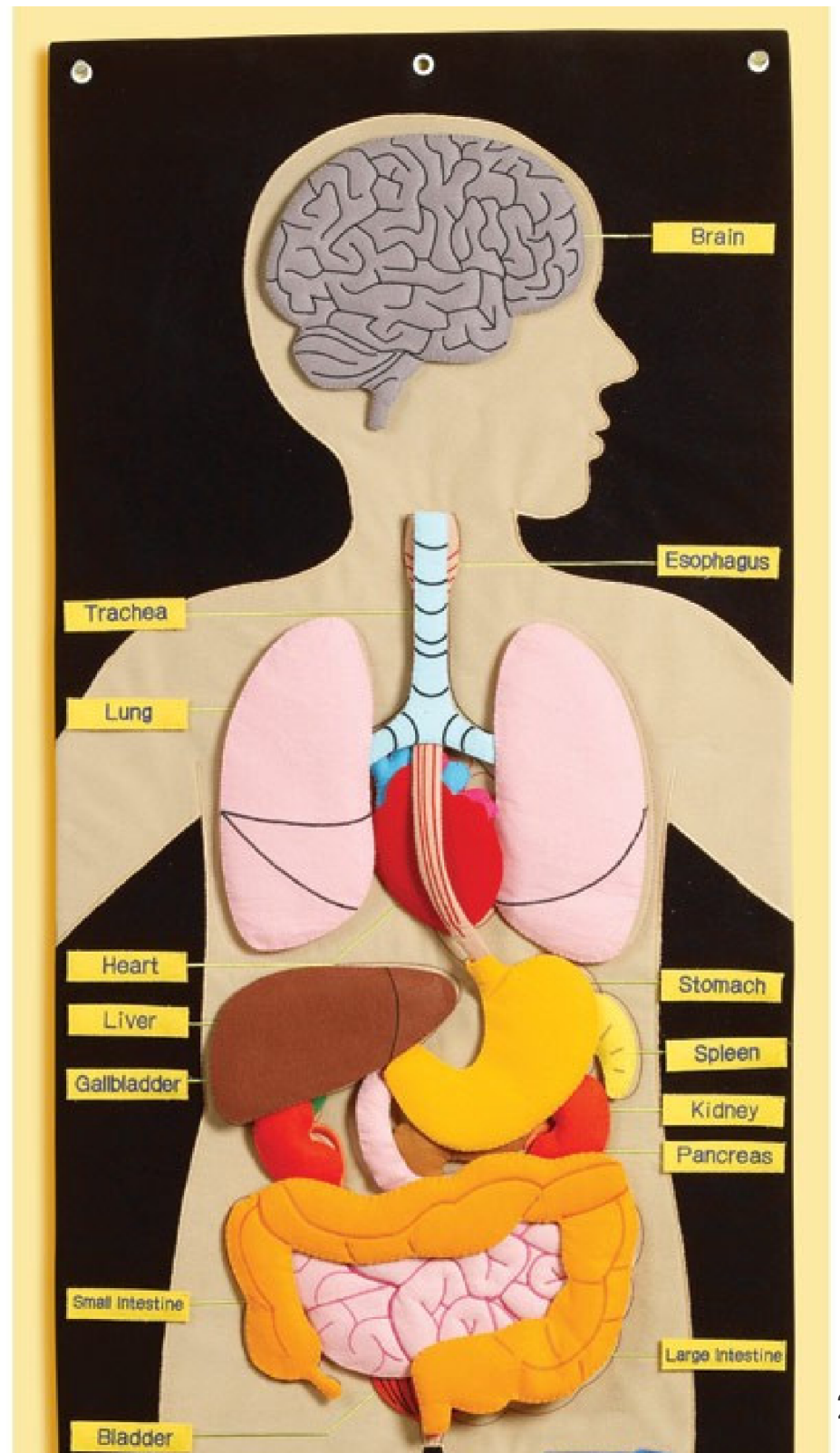
I am learning to become an Emotion Scientist -

Let's learn about what our body is trying to tell us!

My name is:

There are lots of body parts inside my body.

All of my body parts have an important job to do.



My brain
helps me to
think of ideas.



My body talks to me using sensations.

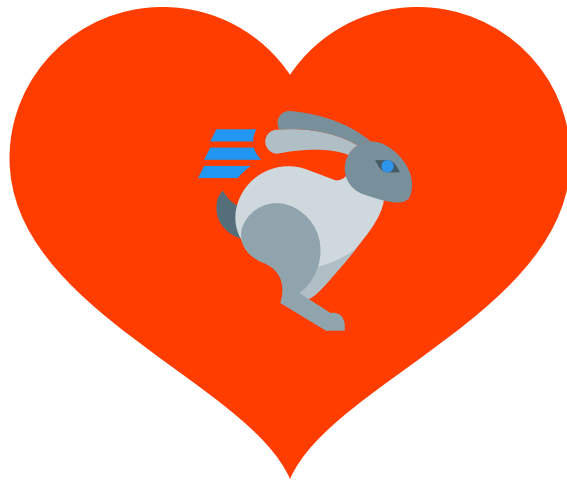
Sensations are clues my body gives me to help me notice what I am feeling or need.



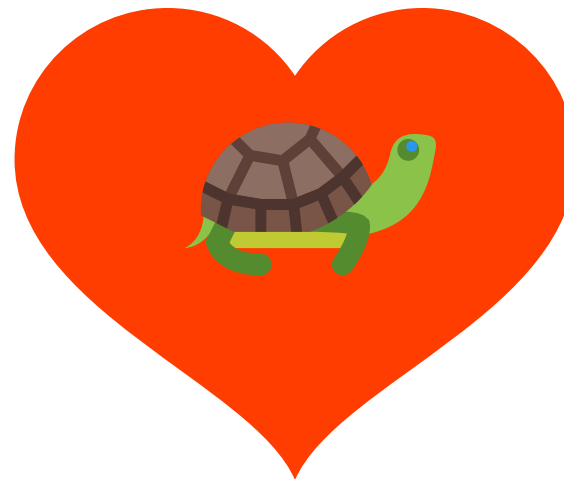
Noticing Sensations



I can notice sensations in my body by checking to see if my heart is beating fast or slow.



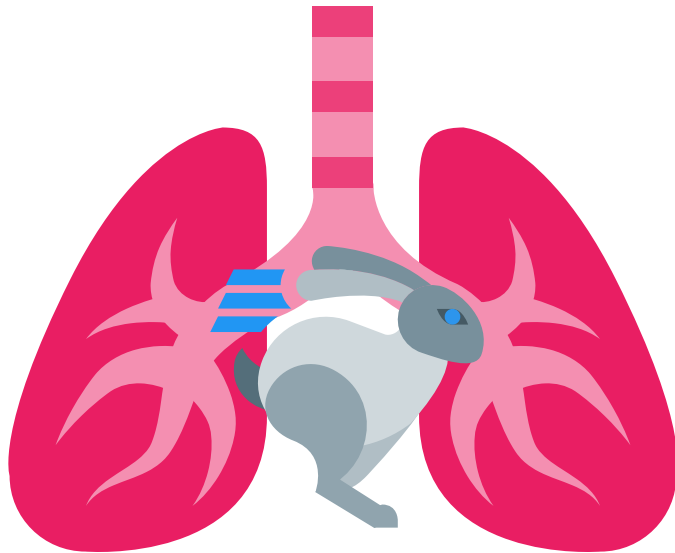
Fast like a bunny?



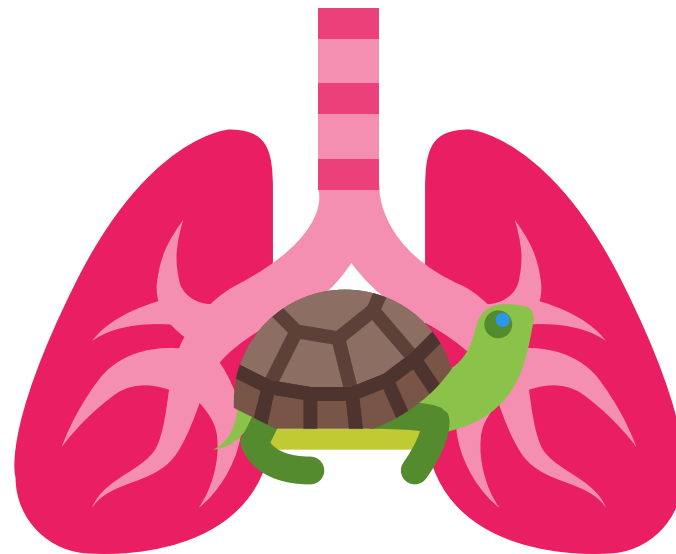
Slow like a turtle?

Noticing Sensations

I can also notice if my breathing is fast or slow.



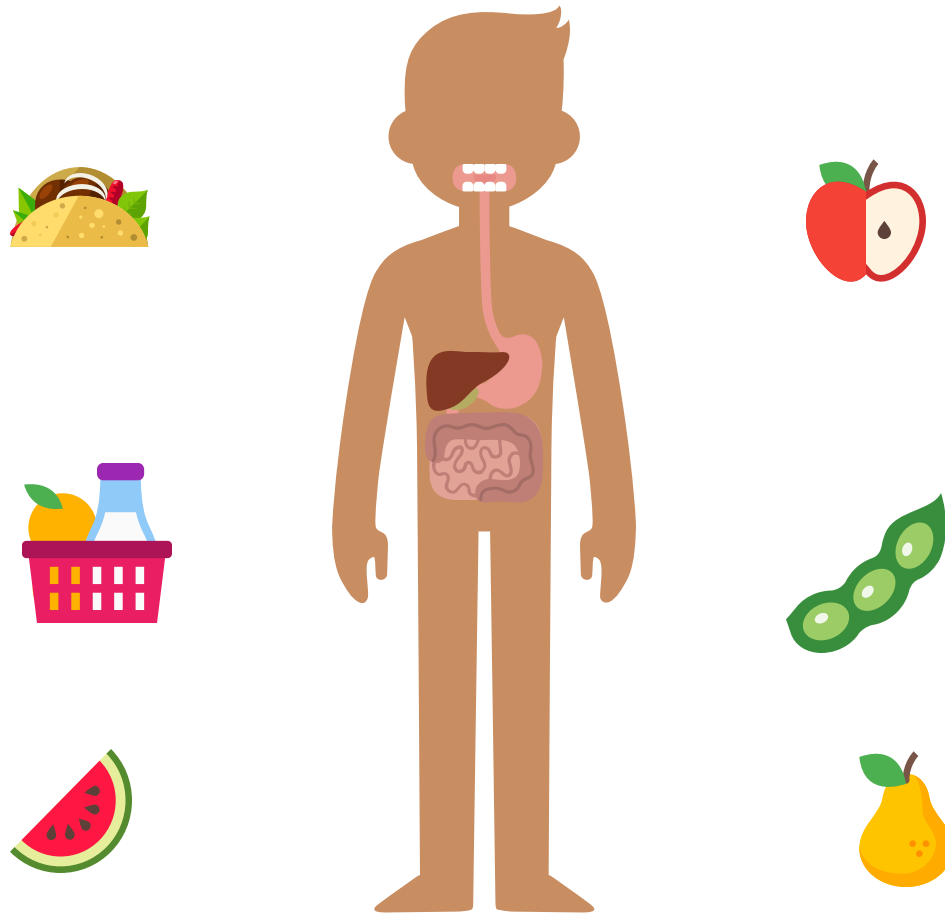
Fast like a bunny?



Slow like a turtle?

Noticing Sensations

I might notice that my stomach makes rumbling sounds and noises when I am hungry.



When I feel scared...

I feel butterflies in my stomach, and my heart beats fast.

I notice these sensations when I hear a loud noise.

What are some other things that make you feel scared?

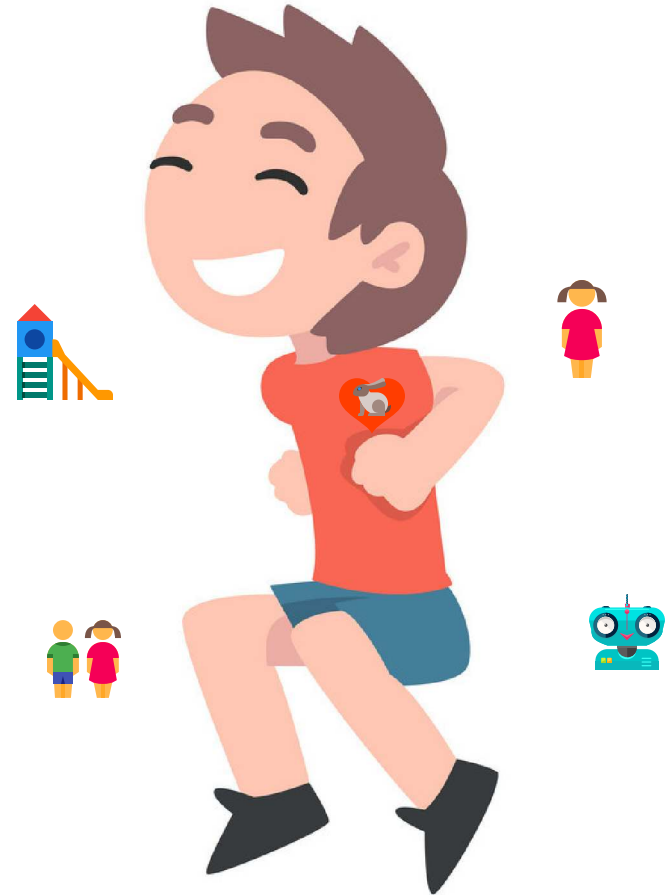


When I feel excited...

My body tells me when I am feeling excited. When this happens, my body moves fast, and my heart beats quickly.

I notice these sensations when I play outside with my friends.

What are some other things that make you feel excited?



When I feel sad...

My body moves a little slower, and I feel it in my stomach and heart.

I notice these sensations when my friend doesn't want to play with me.

What are some other things that make you feel sad?



When I feel angry...

My body moves faster,
and my skin feels hot. My
heart beats really fast,
and my breathing gets
heavier.

I notice these sensations
when someone breaks
my tower.

What are some other
things that make you
feel angry?



It is incredible how my body can tell me how I feel.

Sensations in my body help me understand and notice feelings like excitement, anger, scared, sadness and happiness.

Being an Emotion Scientist - helps me learn more about my own body's sensations to help me understand how I am feeling and what my body needs.

