

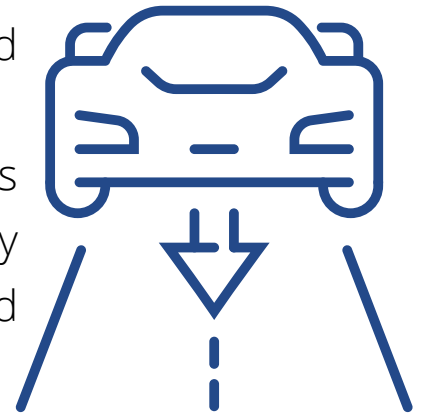
BODY AWARENESS & LITERACY



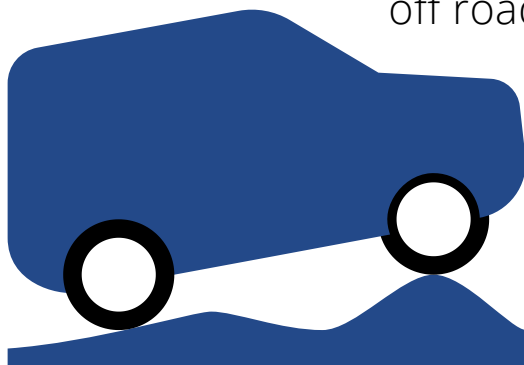
Don't get bumped off - Staying on the path

Imagine you are cruising down a smooth broad highway, driving at a consistent speed.

Let us call this our **RESILIENT** or **OK ZONE**. This is where we feel in control of our emotions. Emotionally we are never feeling low nor feeling in a heightened state. This is our state of equilibrium



An obstacle lying in the middle suddenly bumps you off road. Instead of cruising smoothly you are now driving on gravel, a bumpy track that slows you down. You struggle to get back on the main road.



This can be described as our **LOW ZONE**.

Sometimes unexpected challenges throw us off from our OK ZONE. When we are in the LOW ZONE we may feel stressed, sad, anxious or depressed, fearful, or inertial.



Our aim is to move back into our **OK ZONE**, a state of well-being.

Now imagine we encounter another obstacle while on the main road. This time it sends us off-road hurtling on a path with no brakes on. This can be described as our **HIGH ZONE**. Some of the emotions associated with being in this heightened state called the **HIGH ZONE** could be anger or rage, panic, envy and so on.

High Zone

Resilient / OK Zone

Low Zone

Once again, our goal is to get back to the more regulated **OK ZONE** where we are more in control of our feelings.



1 Can you do a quick check-in of your feelings ?



Can you label it ? E.g Upset, satisfied or neutral etc.

2

3 Which zone are you currently in after **checking in** with your feelings?? Once you've recognised that, feel free to map it on a graph.

Does this feeling have a sensation associated with it? E.g maybe a tightness or a tingle.

4



5 Draw your attention to where this sensation resides in your body e.g. tightness in your temple

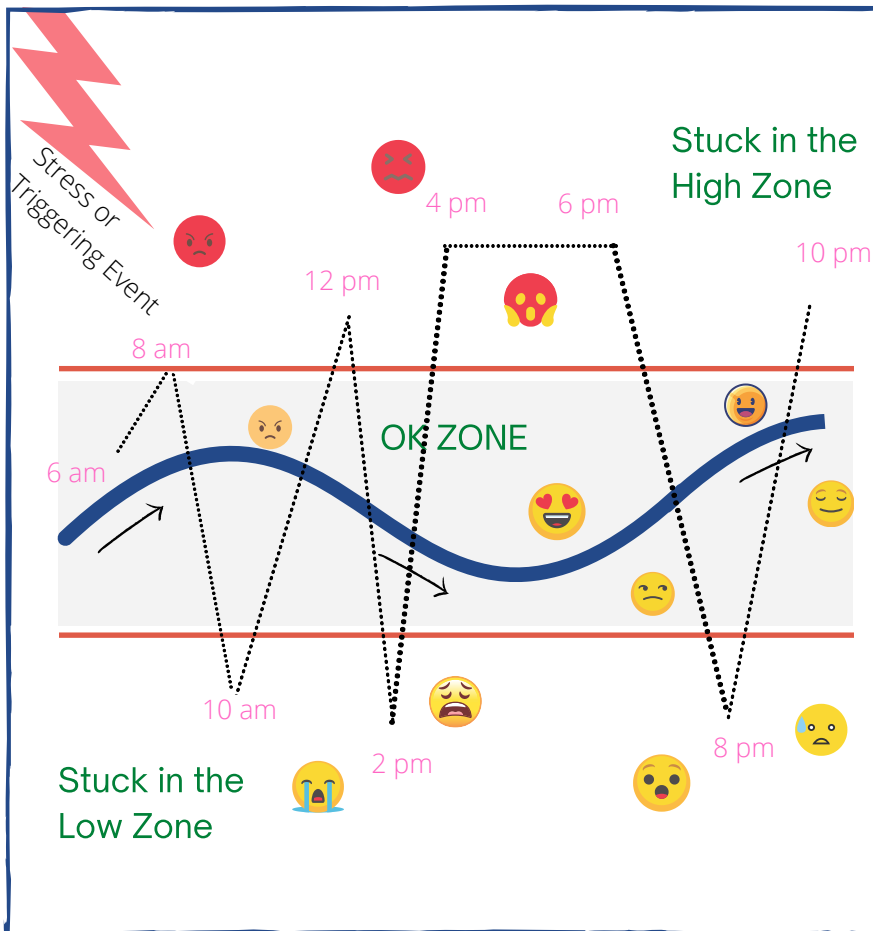


Meaning Making - Daily Mapping


1 Each day observe at least 1 occasion when you get bumped off from your **OK ZONE** to either the **LOW** or **HIGH ZONES**.

You can map it on a graph at the end and share with your family.


2



Example

 Don't forget to observe and share 1 word to describe the sensation associated with this feeling.



 At the end of the week make a **'TIME-LINE'**– of your zones. Create a graph in the space below and map your daily zones on it. Feel free to refer to the example above or create your own version of it.