

Body Signals Reflection Mat

Name: _____ Date: _____ Class: _____



What is a body signal?

A message from your body that tells you how you feel or what you need.



GREEN

I feel good.

Body signals I notice:

Examples:



ORANGE

I feel unsure or starting to struggle.

Body signals I notice:

Examples:



RED

I feel overwhelmed or not okay.

Body signals I notice:

Examples:



What helps me?

Things I can do or use to feel better or stay regulated.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Reflection

What did I learn about my body signals today?



My goal

One small step I will take: _____