

# Stop and Notice Body Scan How-To



with Myla and Aditha



Talk through this body scan to help your child notice where they feel their emotions in their body.

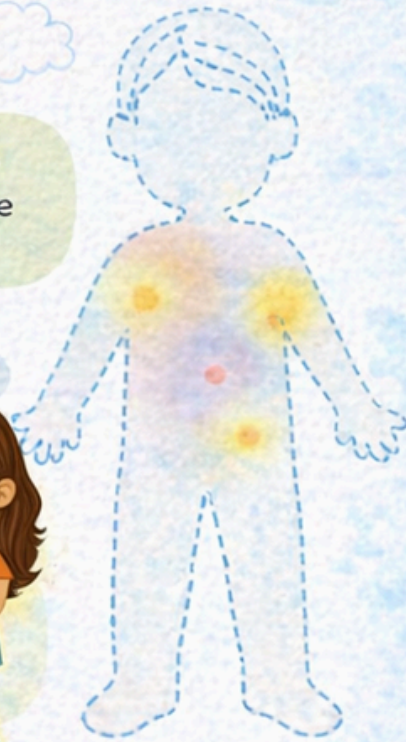
1. Sit down together and get cozy.

2. Close your eyes and take a breath. Can you bring your attention inside your body?

3. Notice where any feelings might be hanging out.

4. Is there a spot that feels tight, fluttery, or wiggly?

5. Put your hands on the spot and picture sending kindness to it. What is it trying to tell you?



## Parents A Parallel Journey™ Moment:

This is a perfect time to check in with yourself, too. You matter, and your feelings do, too.



### The body scan can help when...



Going to school feels tough



Big feelings show up before bed



You're not sure what your body is telling you.