

Ideas for Child Body Outline Worksheet

1. Draw what it is like to feel:

- a. Happy
- b. Sad
- c. Mad
- d. Nervous
- e. Proud

2. Draw a diary of your school day:

- a. This made my head mad
- b. This made my hands busy
- c. This made my feet move-y
- d. This made my tummy nervous
- e. Nice/Mean words my mouth said
- f. Nice/Mean words my ears heard

Body Part	May Represent
Head	Ideas, worries, hopes, fears
Eyes	Sights (past, present, future)
Ears	Sounds (past, present, future)
Mouth	Spoken words (past, present, future)
Hands	Actions
Chest	Feelings
Stomach	Instincts, urges, I wanted to...
Feet	Movement

3. Draw a line, in the middle, from the head to the feet. Use halves to compare:

- a. Pluses vs. Minuses (e.g., how busy hands are a strength and weakness)
- b. Good days vs. Bad days (things I experience/do on each kind of day)
- c. How I handled a situation vs. How I will handle it next time
- d. How people treat me vs. How I want to be treated (what they say, do)
- e. How I see myself vs. How I want to see myself

4. Kids may come up with lots of ideas how to use the worksheet. Anything goes, since it is all “grist for the mill”—stuff for you and your child to talk about together, to help them learn about themselves.

