

Body Flipchart



Aim: To explore how emotions can affect physical tension

Outcome: Participants will be aware of how emotions affect the body

Materials: Flipchart paper/wallpaper; pens

Time: 20 minutes including feedback time

Method:

- Split into smaller groups if required (about 4-6 in each group)
- Ask the group to nominate a person to act as model for activity
- Ask person to lie on flipchart paper/wallpaper and another person to draw an outline of their body
- Ask the whole group to use arrows to indicate parts of the body that may be affected by emotions (i.e. stomach, arms, head)
- Ask participants to tell you how the body might be affected by emotions (you are looking for things such as sore throat, feeling hot, shaking legs)
- Feedback to whole group and discuss
- End with a relaxation exercise.

Facilitator Note

Source: Managing Your Wellbeing Resource Pack, NHS Ayrshire and Arran