



Body Flipchart activity: Facilitator Note

Encourage participants to think of situations and how they feel when faced with them. Think about the behaviour that sometimes goes with how we are feeling.

Examples that could be used as prompts with groups:

Going on a Roller Coaster	Night before Christmas	Night before a big test or exam
Visit to the dentist	Visit to the doctor	Moving House
Going to a new school	Start of new term – new teacher	Travelling on your own
Falling out with your best friend	Going to a party or celebration	Going to your first Gig

It is important to highlight that these reactions are normal, some are listed below:

Thoughts:	Effects on body:	Actions:
I can't concentrate	Fast heart rate	Can't sit still/relax
I can't do this	Faintness	Bite your nails
I'm going to mess this up	Butterflies	Make more mistakes
I'm going to make a fool of myself	Shakiness	Try to do too many things at once

I can't relax	Jelly legs	Accident prone
I feel ill	Bladder weakness	Always rushed
Feeling irritated	Loss of appetite	Clean/check things too much
	Craving for food	Can't sleep
	Feeling too hot/too cold	
	Feeling sick	
	Aches and pains	
	Tiredness	
	Feeling on edge	
	Tearful	