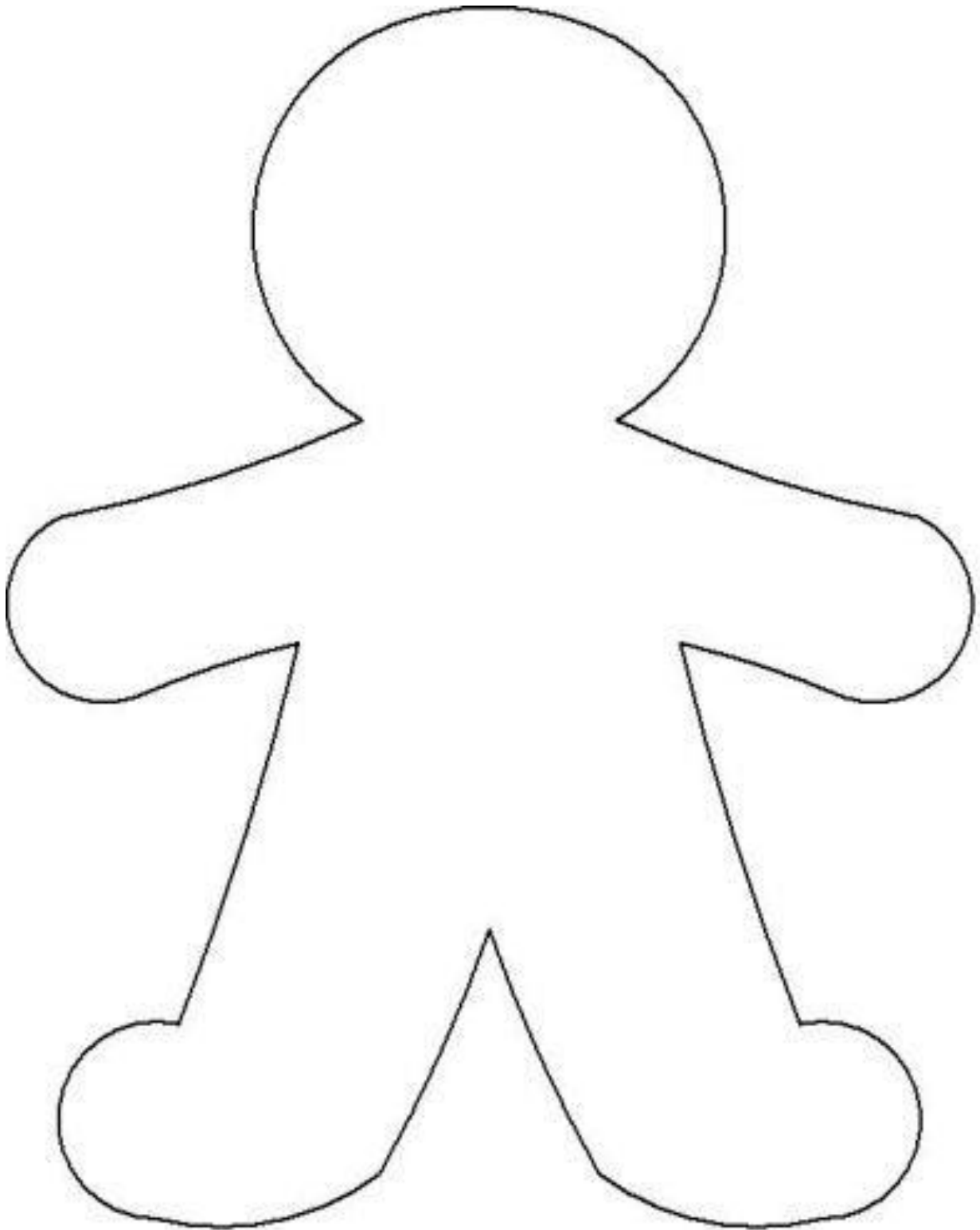# Body Scan

Place coloured beads/buttons/lego pieces or draw on the body scan showing where you are noticing any feelings right now. Can you describe the colours you have chosen? How does each colour feel..eg: heavy, light, fizzy, fluttery, numb, prickly, rough, smooth, lumpy? Do the beads move? Do they get bigger or smaller?