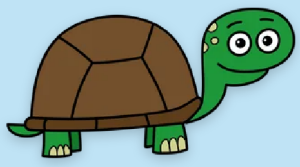
SEL · MINDFULNESS AND CALMING · GRADES 1–5

Body Scan from Head to Toe

Scan your body slowly from head to toe and check how each part feels, relaxed, tight, tingly or warm, then notice how you feel after.



Name: _____ **Date:** _____

How to do it: sit or lie down and close your eyes. Breathe slowly. Move your attention from your head down to your toes, one part at a time. Just notice each part, without changing it.

Check how each part felt.

Body part	How did it feel?
Head and face	☐ relaxed ☐ tight ☐ tingly ☐ warm
Shoulders	☐ relaxed ☐ tight ☐ tingly ☐ warm
Arms and hands	☐ relaxed ☐ tight ☐ tingly ☐ warm
Chest and tummy	☐ relaxed ☐ tight ☐ tingly ☐ warm
Legs	☐ relaxed ☐ tight ☐ tingly ☐ warm
Feet and toes	☐ relaxed ☐ tight ☐ tingly ☐ warm

After my body scan, I feel: _____

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