

Little House



Expressive Arts Therapy & Studio

Phrases to Promote Somatic Awareness

Below are phrases that you can use to help your child notice where they feel emotions in their body. When your child or teen is experiencing strong emotions, consider observing and describing what you notice without immediately labeling the emotion for them. This practice aims to redirect their awareness back to their body, promoting a sense of grounding that empowers them to better navigate and process their emotions.

1. "Can you tell me where in your body you feel that emotion right now?"
2. "When you're upset, sometimes our bodies feel things in different places. Where do you feel it?"
3. "Imagine your emotions as colors. Where in your body do you feel the color of that emotion?"
4. "Is your tummy/stomach feeling tight? Or is it somewhere else you feel that emotion?"
5. "If your feelings had a place to live in your body, where would they stay when you're upset?"
6. "Let's take a moment. Close your eyes and see if you can sense where that feeling is in your body."
7. "Do you feel a fluttery feeling in your chest or a heavy feeling in your shoulders?"
8. "Let's take a deep breath together. Now, where do you notice any tension or changes in your body?"

9. "Let's do a body check-in. Where do you feel that emotion? Is it in your head, chest, hands, or somewhere else?"
10. "Imagine you're talking to your body. What is it trying to tell you about how you're feeling?"
11. "Does your body feel hot, cold, tight, or shaky when you're feeling upset?"
12. "Sometimes feelings make our bodies feel different. What does your body tell you about how you're feeling?"
13. "When you feel upset, does your body feel heavy like a stone or light like a feather? Can you show me where you feel it?"
14. "Sometimes our bodies give us signals about our feelings. Can you find where your body is telling you that you're upset?"
15. "When you're upset, do you notice any changes in how you breathe or any tightness in certain parts of your body?"
16. "Take a moment and scan your body. Are there any spots that feel tense or uneasy when you're upset?"