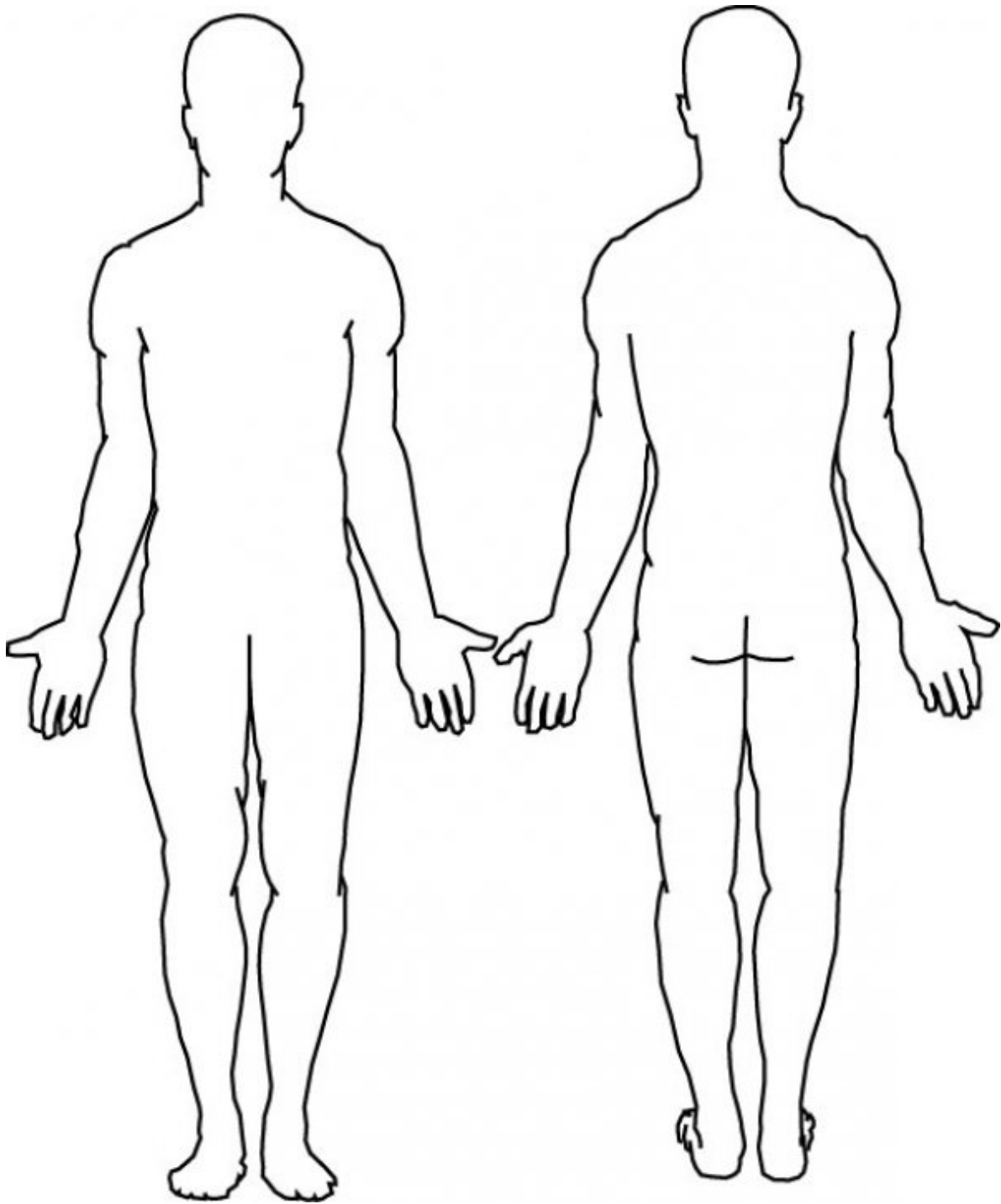


What Sensations Do I Notice in My body?



Colour the areas where you noticed sensations in your body. If you like, choose colours to represent pleasant and unpleasant body sensations.