

Name \_\_\_\_\_

Date \_\_\_\_\_

# Constellation of Sensations

Play some music you love to dance to. Every 30 seconds stop the music and pay attention to what you feel in your body. Maybe your toes are tingling from joy because you love dancing. Maybe your heart is beating fast because you were jumping up and down while you danced.

Draw stars in the body below to show where you felt the most sensations when you became still in the freeze dance activity.



What did you notice when you became very still? How did you feel after?

---

---

---

---

Where can you practice using mindfulness to pause and feel into your body?

---

---

---

---