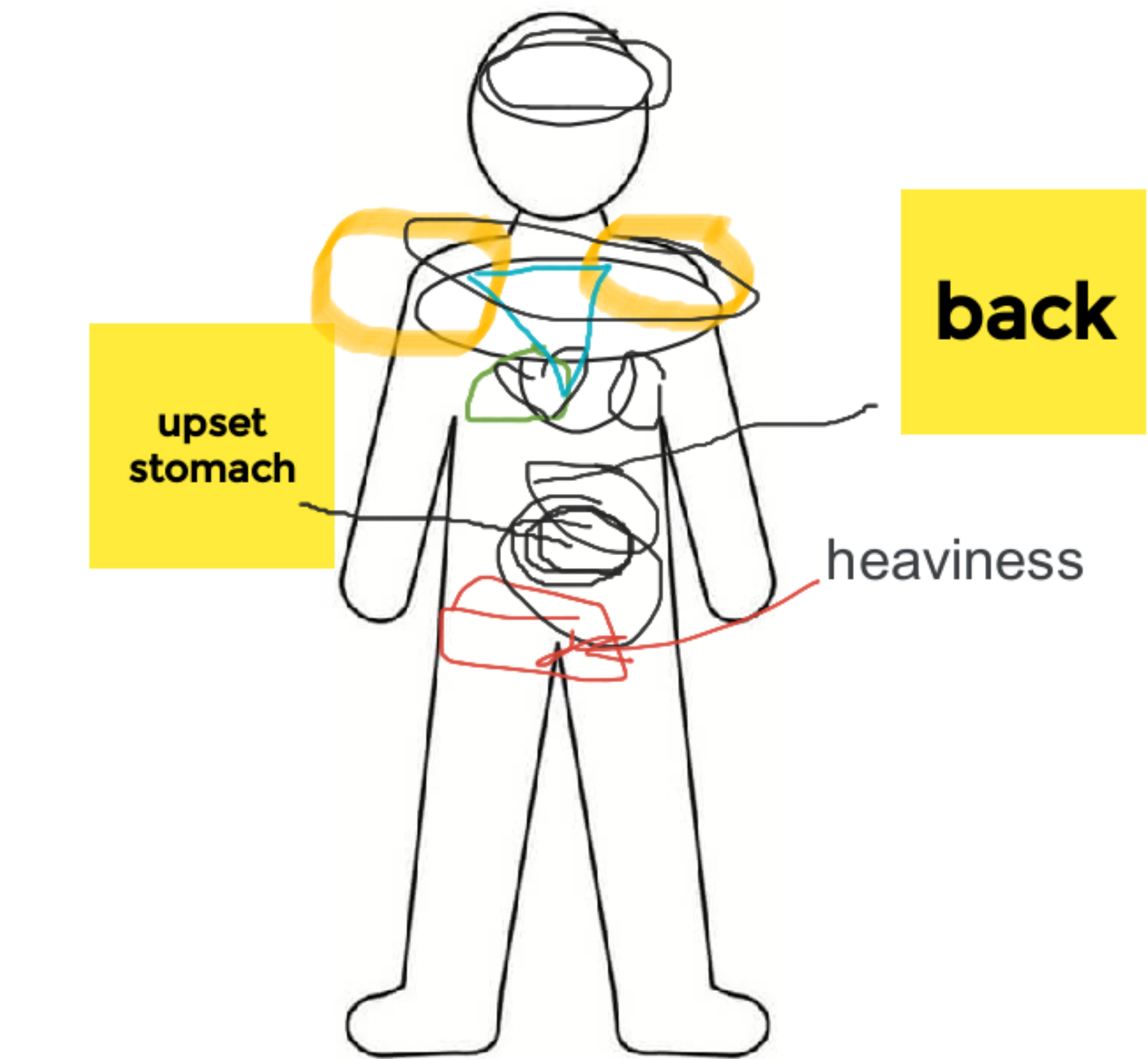


# Where do you feel grief in your body?

I Have a Body

Circle the locations, draw and use words to capture the sensations you experience in relation to your grief.



foggy heavy  
brain/head,  
tight throat

back

upset  
stomach

heaviness

Sitting with  
(acknowledging,  
feeling, allowing,  
processing) the  
feelings

# What is challenging about metabolizing Strong emotions in the context of schools?



# What might we do about these challenges?

