



Body Scan Script

Now we are going to try a body scan. A body scan helps us notice how our bodies are feeling.

Lie down (or sit down depending on space) and make yourself as comfy as possible.

Close your eyes and take 3 big slow breaths. Breathe in, and out. Breathe in, and out.

Let your whole body become heavy and sink into the floor. Can you feel the floor below you? Where can you feel the floor? How does the floor feel? Breathe in, and out.

Let your whole body stay heavy. Think about your head, can you feel your head? How does it feel. Is it warm? Is it cold?

When we do big breaths, we can feel the air moving in our face. See what happens when you breathe in and out, feel the air moving. Breathe in through your nose, and out through your mouth. Could you feel it in your nose? In your mouth?

Keep doing big breaths. Breathe in, and out.

What about your shoulders. Can you feel both of your shoulders? Do they move as you do big breaths? Or do they stay still?

Now your tummy, how does it feel right now? Is it full? Empty? Can you feel your breath making your tummy rise and fall?

Where are your knees? Your eyes are closed, but you can still feel your knees. How do they feel? Are they touching the floor? Are they in the air? What does it feel like to have knees?

Now feel your toes. Can you feel your big toes? Can you feel your little toes? Try wiggling your toes. How does that feel?

Well done. You can now open your eyes.