



Sometimes it feels like we have a bunch of butterflies flying around in our bellies when we feel worried.

Where do you feel worries in your body?



**Your head? Your shoulders?
Your belly? Your toes?**

**When we are aware of where we feel our worries, it's easier to let them fly free...
like butterflies!**

Butterfly Belly **STATION**



Draw a picture of yourself.



Circle the places on your body where you feel stress