

# Body Awareness Exercise

## Instructions:

Sitting in a comfortable position, listen as your group leader reads out-loud the following questions. Pay attention to what you notice.

1. Can you feel your hair touching your head?
2. Can you feel your belly rising and falling as you breathe?
3. Can you feel the space between your eyes?
4. Can you feel the distance between your ears?
5. Can you feel your breath touching the back of your throat while you inhale?
6. Can you picture something far away?
7. Can you notice your arms touching your body?
8. Can you feel the bottoms of your feet?
9. Can you hear any sounds in the room?
10. Can you notice the space within your mouth?
11. Can you notice the position of your tongue in your mouth?
12. Can you feel the air against your cheek?
13. Can you feel the muscles in the back of your neck?
14. Can you feel all the fingers in one hand?
15. Can you feel your arms hanging down?
16. Can you feel the temperature in the air around you?
17. Can you feel the back of your hands?
18. Can you notice a part of you that is relaxed?
19. Can you notice any tightness in your jaw?
20. Can you taste anything right now?
21. Can you feel the seat or floor under you?
22. Can you see the darkness behind your eyelids?
23. Can you hear your breath?
24. Can you feel a heaviness in your legs?
25. Can you feel any part of you that is warm?
26. Can you notice the ribs around your lungs?
27. Can you allow yourself to feel sleepy and lazy?
28. Can you feel your face relaxing?
29. Can you feel one leg resting
30. Can you feel your body being strong and resilient?

