Body Scan Steps

Notice the body region by region. Do not force calm. Return when the mind wanders.

Name: _____ **Date:** _____

1. Posture

Lie or sit supported.

2. Intention

Notice, do not fix.

3. Breath

Feel a few natural breaths.

4. Start end

Toes up, or head down.

5. One region

Rest attention there.

6. Wander

Notice, then return.

7. Move on

Next region, unhurried.

8. Whole body

Feel all at once.

9. Close + note

Wiggle, rate, one learning.

Calm / tension right now (circle):

0	1	2	3	4	5	6	7	8	9	10

0 = calm / none 5 = medium 10 = strongest tension

Safety: stop if flooded, open eyes, ground. Crisis: 988 · HOME to 741741 · 911

Skip any region. Eyes open is okay. This is practice, not a test.

Original layout by Lotus & Tulip, based on MBSR style body scan practice. A practice tool, not therapy.

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Body Scan Worksheet

Rate before and after. Note what each region feels like in plain words.

Name: _____ **Date:** _____

Before 0-10: _____ **After 0-10:** _____ **Minutes:** _____

Posture: lie / sit (circle) Eyes: open / closed (circle)

Body map prompts (one word or short phrase per region):

Feet / ankles: _____

Legs / knees: _____

Hips / seat: _____

Belly / lower back: _____

Chest / upper back: _____

Hands / arms: _____

Shoulders / neck: _____

Face / head: _____

Whole body: _____

What I noticed most:

_____

_____

When my mind wandered, I returned by:

_____

Next time I will:

_____

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Body Scan Practice Log

Seven days of short scans. Short notes beat perfect stillness.

Name: _____ **Date:** _____

Day / date	Minutes	Before	After	What I noticed
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Kids flashlight script (about 3 minutes)

1. Feel three easy breaths. 2. Shine attention on feet... legs... belly... chest... hands... face.

3. If the mind wanders, bring the flashlight back. 4. Whole body for three breaths. Wiggle. Done.

Eyes open okay. Opt out okay. Not a test.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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