

# INVESTIGATING YOUR EMOTIONS

## PRACTICING SELF-AWARENESS

NAME

DATE

Directions: Close your eyes and take a deep breath in and then out. Place your hand on your heart. Try to identify what emotion or emotions you are feeling at this moment. Think about how the emotion physically feels in your body. Try not to place any judgement on how you're feeling... just notice. Is there any specific reason you suspect you are feeling this way?

Write about what you discover!

