

Mission: Fill in the BLANK

Work with a partner to finish this silly story by filling in the blank spaces with the right type of word.

1. Have a partner read aloud the words that follows the blank lines.
2. Come up with a word that fits, and have your partner write it in. You can use **Body Signals** words to help. *Get creative!*
3. Once all the blanks are filled read the story out loud together!

Body Signal Words

Shaky	Floaty	Goosebumps
Fast	Hot	Dry
Slow	Cold	Balanced
Dizzy	Relaxed	Pounding
Tense	Sweaty	Tingly



Innernaut Adventures



Captain! My team at Command Center is noticing new body signals! Permission to investigate?

Captain: Yes, mission is a go. Good luck in there!

I'm off to see what's going on! We're at a friend's birthday party. There are balloons shaped like _____ (**animal**) and lots of _____ (**food**) to eat! There are _____ (**superhero**) decorations everywhere. Oh no! I see the issue. We just finished playing a game of water balloon toss, and we lost. The balloons were filled with

_____ (**liquid**), and we are soaking wet. Sensing a body signal from the hands. They're very _____ (**body signal**) and _____ (**body signal**).

Wait, another incoming signal from the lungs. Breathing is _____ (**body signal**), and heart rate is _____ (**body signal**). I'm getting another signal that the face is _____ (**body signal**).

I've determined that we're feeling _____ (**emotion**) right now. I need to activate a coping skill before we get too _____ (**emotion**). We need to calm down!

Captain: Permission granted. Activate coping skill: **Sensory Observation**.

Copy that! We see a _____ (**object**). We smell _____ (**smell**). We hear _____ (**sound**). We taste _____ (**taste**). I'm sensing the heart is slowing down, and fists are relaxing. Mission accomplished! But wait, we have another urgent body signal! We just drank too much _____ (**drink**). Searching for door to a _____ (**room**).

Captain: Complete your mission, and then you are relieved of your duty.

Roger that! Over and out! Thanks, Captain _____ (**silly name**).