



MIGHTIER SKILL PACK

How does anger feel in your cheeks? How does anxiety feel in your stomach? This Skill Pack is all about exploring body signals - those internal cues that tell us how we feel.



Work together to complete the challenges. You may be surprised by all the different ways your body communicates how it feels. Scan the QR code for printable versions of these activities.



Body Signals Badge





Shhhh... listen, do you hear that? It's your body talking to you. It may not use words, but your body can tell you a lot. Rumbling stomach? Feeling hungry. Hot forehead? Feeling sick. Full bladder? Well, you get the picture. We call these body signals, and though you may not always notice, your body is trying to tell you what's up.

Your body knows a lot, it even knows what emotion you're feeling, usually before you do. Just think of a time right before you felt angry. Maybe your muscles were tight or your face was hot. When strong feelings start to build your body reacts. If you listen to those signals and respond you can slow down big feelings before they take over. So next time your heart is racing and your stomach is tight try taking some deep breaths, you might just turn a nervous feeling into a calm one.

Body signals are important, but they're not always crystal clear. Is a stomach ache before a test a signal you're sick, or a sign of worry? Listening to body signals, seeing how they connect, and tracking when they happen can all help you figure out just what your body is trying to say. It takes practice, but once you and your body are speaking the same language anything is possible!



Unlock the Body Signals Outfit!

1. Complete Skill Pack  challenges.
2. Open the  Mightier Kid app.
3. Tap your  profile badge on the top left of screen.
4. Tap  and enter the code: **INNER**

Osmond (Osmondium)

UNCOMMON

Strengths:

Life of the party, helpful, cheerful

Struggles with:

Bedtime, FOMO, calming down

"Always revved up, doesn't like bedtime"



"If you snooze, you lose." It's Osmond's motto. He's always on the go, even when his body is telling him he's tired or needs to take a break. Osmond worries that if he slows down he might miss out on all the fun. The reality is that when Osmond gets overtired or worn out, nothing feels fun.

That's why Osmond started paying more attention to his Body Signals. He realized that if he didn't listen to what his body was trying to tell him, he really would end up missing out on all the fun stuff he likes to do.

The other day Osmond was playing tag with friends, when the game got a little competitive. But this time instead of charging in Osmond listened to his body. He noticed his heart was racing and his jaw was clenched. He realized he was feeling frustrated, so he took a quick break to do some deep breathing. "I should calm down before I say or do something I'll regret." By noticing his body signals, Osmond's able to determine how he feels and what his body needs. Way to go!



Fun Facts

When you blush, your cheeks don't just turn red. So does your stomach!



Emotions are contagious. You can catch them like a cold!



Goosebumps are body signals telling you if you are cold or feeling an intense emotion!



Complete

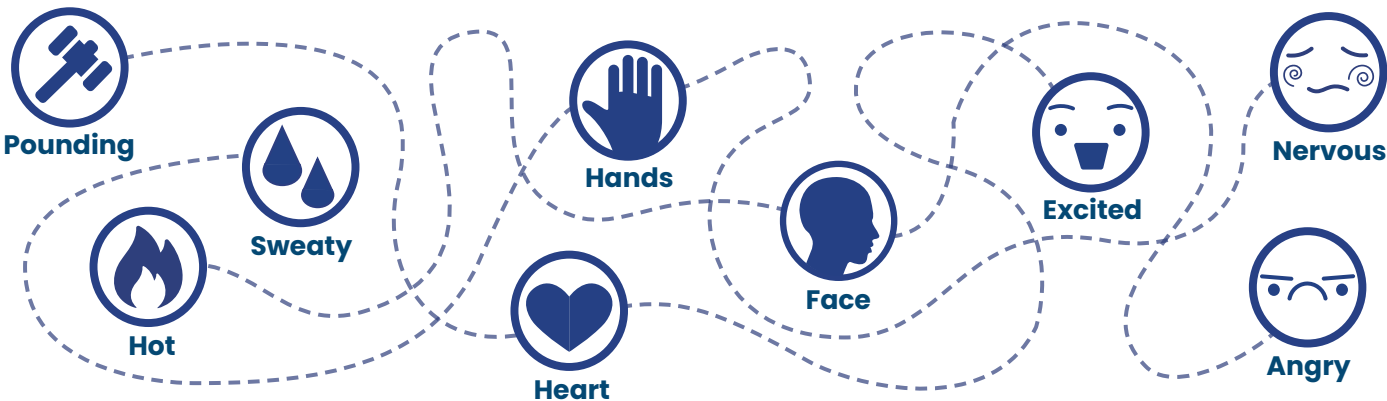


challenges to earn your Body Signals Badge!



Signal Sorting

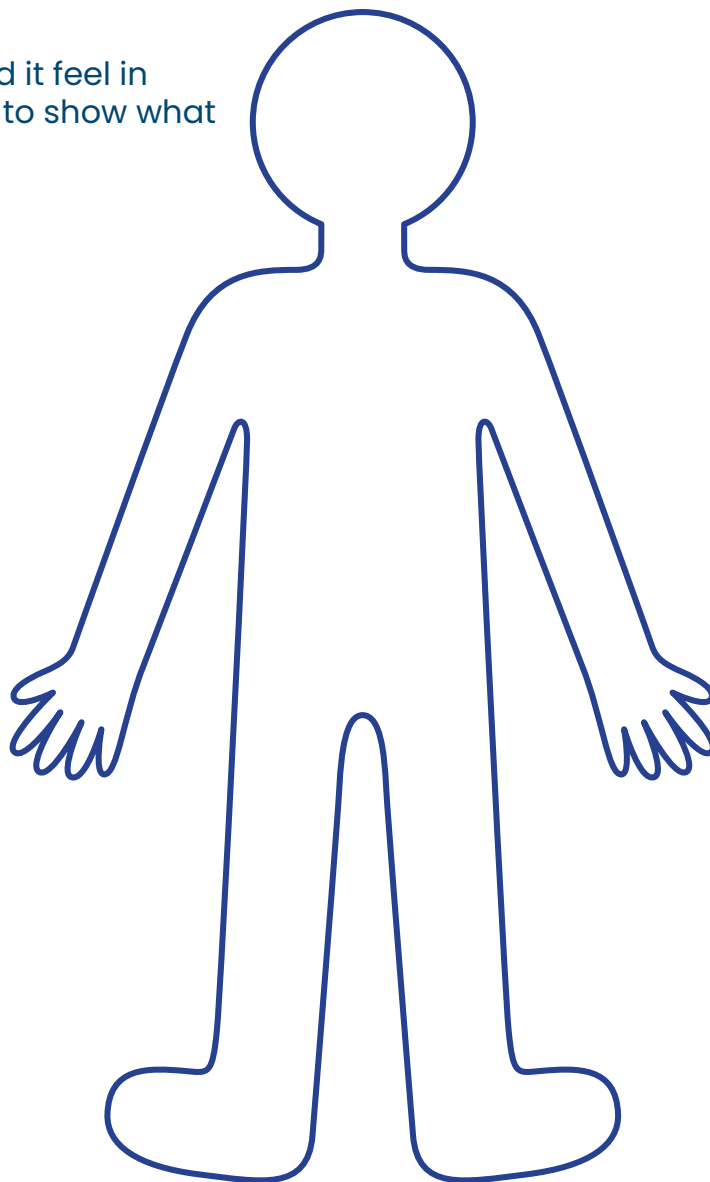
Sometimes body signals can be tough to untangle. Trace the lines to find a few ways sensations, body parts, and emotions might connect.



Body Scan

Picture a time you felt angry. How'd it feel in your body? Draw symbols in the body to show what you felt and where.

- Goosebumps**
- Tense**
- Dry**
- Fast**
- Hot**
- Pounding**
- Slow**
- Sweaty**
- Cold**
- Dizzy**
- Floaty**
- Tingly**
- Shaky**





Mission: Fill in the BL_NK

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

Body Signal Words

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

~~~~~ 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 _____ (**animals**) and lots of _____ (**food**) to eat! There are also _____ (**cartoon**) 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 signal from the hands. They're very _____ (**body signal**) and also _____ (**body signal**).

Next page ----->

Body Signal Words

Shaky
Tingly
Cold

Tense
Hot
Dry

Floaty
Fast
Slow

Relaxed
Sweaty
Dizzy

Balanced
Pounding
Goosebumps

Wait, another incoming signal from the lungs. Our breathing is racing like a _____ (**quick animal**), and our heart is beating as fast as a _____ (**fast machine**). I'm getting another signal, our face is _____ (**body signal**). I've determined that we are probably feeling _____ (**emotion**) right now. I need to activate a coping skill before we start to _____ (**action**). We need to calm down!

Captain: Permission granted. Prepare to activate one of our calming coping skills:

Sensory Observation

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

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

Roger that, over and out! It's been an honor serving with you Captain _____ (**silly name**).