

Think and write

Activity 1 of 3

Chaya and the Stomachache Clues

Ages 9-12 | Do it on your own or with a grownup. You can leave anything blank.

1 Draw or write where you feel worry in your body.

2 What was happening just before? What thought came with it?

3 Write two things that help your body settle.

Your answers are yours. Share them only if you want to.

Grownup conversation guide

Activity 2 of 3

Chaya and the Stomachache Clues

Read the story together first. Take turns. Listen more than you advise.

- 1 What clues did Chaya's body give?
- 2 Why was Chaya's body trying to help?
- 3 Share a time your body told you something before your mind did.
- 4 Which tool from Chaya's kit would you like to practice together?
- 5 Who else can help if a body feeling stays strong or does not go away? (A doctor or school nurse can always be asked.)

Tip: let your child pass on any question. Praise the effort of noticing, not a perfect answer. If worry, anger or sadness stays strong for weeks or gets in the way of daily life, talk with your child's doctor, school or a trusted professional.

Chaya and the Stomachache Clues

Cut out the card, or copy it onto an index card, and keep it where you will see it.

Chaya's Body Clues Tool Kit

1. Be a detective. Where is the feeling? Is it tight, hot, cold or fluttery? Write it down.
2. Ask what happened just before. A thought, a place or a day can start the feeling.
3. Remember that your body is trying to help. It gets ready for danger, even when the danger is only a quiz.
4. Turn the volume down. Slow breath, feet on the floor, and one kind sentence can help your body settle.

Your body gives clues. You can learn to read them.

Draw a time you could use this tool: