

Materials	Journal and pen (optional)
Learning Outcome	Recognize the importance of being in tune with your body and practice being aware of what your body looks like, smells like, and feels like.

Description

Start a discussion with the youth by asking them what observations they can make about their body and how it is functioning in that moment in time. Encourage the youth to share their observations and explain that their body is always informing their mind about functionality and vice versa. Being busy or unaware can block the relationship with your body because you do not take the time to be present with your body. Share with the youth that it takes practice to be aware of your body, including how your feelings are linked to how your body functions. In fact, in order to be in tune with your body it is believed that you need to make a conscious effort to practice how to be in tune with it. This includes being aware of the different body cycles: breath, digestion, sleep, and menstruation (for typical female bodies).

Ask the youth the following questions and provide them with the prompt if needed to support them with their answers. Explain to the youth that they are not to share their answers with you but to think about their answers on their own. If they would prefer to write their answers, invite them to do so.

Question	Prompt
What does your body look like?	Consider skin, nails, hair, teeth, upper trunk (chest), and lower trunk (pelvis region).
What does your body smell like?	Consider breath, genitals, armpits, and other parts of the body that perspire.
What does your body feel like?	Consider internal organs like brain, lungs, heart, kidneys, intestines, bladder, stomach, lymph and nodes. Consider bones, breasts, ears, and eyes, as well as overall energy level.

After the youth has time to think about their answers, invite them to choose an activity from the list below to practice becoming in tune with their body.

Body Scan

Sit comfortably and close your eyes. Feel the sense of your body, its emotional state, its physical state, and its general feeling. Notice any areas of tension, fatigue, or pain. Notice any areas that feel energized, spacious and light. If something feels tense, try to focus on that area and try to breathe the tension away. Start from your toes and scan how each part of your body is feeling. Work all the way up to your head continuing to scan and breathing space and light into areas that are feeling tense.

A resource that may support with performing a body scan is the [Body Scan Meditation](#) app.

Be Present

The practice of being present in the moment means not focusing on the past or the future and only on the current moment in time. If you are feeling pain, tension, or strong emotions, being present encourages you to not push those feelings away and to recognize that this is part of being human. It encourages you to sit with these feelings and acknowledge them. To practice being present, follow these steps:

1. Breathe deeply.

Take a deep breath in through your nose and let it out slowly through your mouth.

2. Ask yourself what you are doing in this exact moment.

You may be listening, but what else are you doing? What are you feeling or thinking? What are your hands doing? What is your heart doing? What are your muscles doing?

3. Witness the moment.

Observe the moment and name it but recognize it as the now rather just letting it pass by.

4. Let go.

Whatever is not there in the present, let go of it. The end of the day is not there, so do not live in that.

5. Breathe deeply.

Take a deep breath in through your mouth and as you slowly exhale through your nose, break free from the past and stop thinking about the future. Just be in the present moment.

A resource that may support with being present is the [MyLife](#) app.

Journal It

Write about how your body and your mind feels. You can choose a specific part of the body to narrow in on or consider your entire body. Write about how you are feeling, areas that feel tense, areas that are feeling pain, or areas that are feeling fatigued. Write about your overall energy as well as different body cycles.

A resource that may support with journaling is the [Day One](#) app.

After the youth has practiced being in tune with their body, ask them what resources are available in the community to support them with getting support or further information about what their body looks like, smells like, and feels like should they have questions or concerns. Ask the youth to share the resources that they are aware of and invite them to research more on their own time if they would like. A list of sample resources is included below.

People

- Family Member
- Guidance Counsellor
- Coach or Teacher

Health Care Providers

- Family Physician or Paediatrician
- Sexual Health Centres
- Psychotherapist or Counsellor

Organizations

- Canadian Centre for Gender and Sexual Diversity
- Kids Help Phone
- Caring for Kids

Encourage the youth to take the time to continue to get in tune with their body using a strategy that works best for them. Explain that this may mean they have to feel, smell, and look at different body parts and this should be done in private.

Healthy Bodies Competencies



THINK

Students will develop cognitive skills and strategies that facilitate knowledge in regards, but not limited to: consent, boundaries, body awareness, and acceptance.



FEEL

Students will develop affective skills and strategies that facilitate the following, but are not limited to: healthy relationships, overall well-being, and personal choice.



ACT

Students will practice behaviour skills and strategies that facilitate the following, but are not limited to: personal hygiene health, accessing support resources, self-respect, and respecting the choices of others.



Reflection Questions

Reflection is important to support learning about healthy bodies. Consider asking the youth the reflection questions below and discuss the answers together.

- *What was the easiest part of tuning into your body? Hardest?*
- *Why do you think being in tune with your body is important for your health?*