



Directions for Making a Body Check Chart (BCC)

Items needed:

- Construction or craft paper; variety of colors
- File Folder
- Blank Body Outline (see below): Attach to the inside of the file folder as shown
- Marker or Pen
- Scissors
- Glue
- Velcro
- Laminator (optional)




Directions:

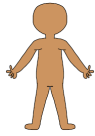

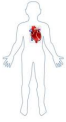




1. Whenever possible, create the BCC with the individual's help and input. Prior to starting, decide on the number of body areas to first include on the BCC. Begin with a small number and expand, as the individual grows proficient with use of BCC. Even starting with 1 body part is OK! See table below for examples of body areas to include.
2. On construction paper, draw an outline of each body area to be included (e.g. hands, muscles, heart). Use a different color paper and shape for each body area icon.
3. Cut out each body area icon.
4. Trace each body area icon on corresponding color paper to make

multiple copies of each body area. Make approximately 5 icons for each body area (sometimes more, sometimes less depending on the number of descriptors the individual wants to include for each body area).

5. Label each body area icon with descriptor words that are meaningful to the individual (see table below for examples). Include a blank version of each body part so that the individual will have the option of identifying a new descriptor when completing future Body Checks.
6. Optional: Laminate the icons and file folder.
7. Attach Velcro to the body area icons as well as the inside of the file folder. Place strips of Velcro on the inside left of folder to store all icons. Place small pieces of Velcro within the blank body outline in spaces that match the body area icons (e.g. if hand icons were made, place Velcro in the hand spaces).
8. To make a Large, Life-Sized Version of the BCC:
 - a. Have the individual lie down on a large piece of butcher or art paper and trace his or her body.
 - b. Have the individual label the body with his or her name. Emphasize the following concept: 'This is your body'.
 - c. Follow same directions above, but make larger body part icons to use with the life-sized chart.
 - d. Once the student begins to understand that the body check is a method for noticing sensations within his or her own body, move to the smaller, portable version.



Body Part	What I Feel			
Brain 	Focused	Distracted	Dizzy	Swirly
	Tense	Fast	Heavy	Blank
	Stuck	Scattered	Light-headed	
Eyes 	Heavy	Blurry	Watery	Stingy
	Itchy	Squinty	Teary	Burning
Nose 	Runny	Stuffy	Tickly	Itchy
	Burning	Dry	Cold	
Cheeks 	Warm	Neutral	Red	Hot
	Tight	Loose		
Mouth 	Dry	Sore	OK	Warm
	Cool	Chapped		
Jaw 	Tight	Achy	Loose	Need to Chew
Voice 	Loud	Fast	Slow	Yelling
	Scripting	Talking	Shut-off	
Ears 	Focused	Sensitive	Bothered	Itchy
	Sore	Distracted	Shut-off	

Skin 	Sweaty Dry Cold	Itchy Wet Tickly	Bothered Warm Goose-bumps	Tight Hot OK
Chest/ Lungs 	Tight Panting	Tingling Slow breathing	Burning Fast breathing	Tickly
Heart 	Fast Swelling	Slow Full	Warm Heavy	Pounding
Stomach 	Content Tingly Gurgling	Growling Nauseous	Full Heavy	Fluttery Tight
Muscles 	Tense Heavy Bursting	Tight Sore Hot	Relaxed Wiggly Burning	Loose Antsy
Hands and fingers 	Still Clenched	Moving Sweating	Twisting Flapping	Squeezing Fidgeting
Feet and toes 	Curling Pacing Hot	Wiggling Clenching Cold	Fidgeting Tapping Sweaty	Shaking Loose

