



FLOURISH · CREATION

YEAR 6

Body clues

Noticing the physical signals that show an emotion is rising.

#emotions

#regulation

#courage

#hope





Which hand gives an earlier warning that stress may be rising?

You can always pass, write your answer privately, or use a made-up example.



1 Kings 19:5–6

“Then he lay down under the bush and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’ He looked around, and there by his head was some bread baked over hot coals, and a jar of water.”

1 Kings 19:5–6, New International Version (NIV)

CHRISTIAN CONNECTION

God meets Elijah’s body first — rest, food, water and safety — before giving him his next task. We are embodied people, so a body clue is information to notice, not a command to obey.



CONNECT



EXPLORE



PRACTISE



REFLECT



Where does each body clue belong: early, building or strong?

Place all six clues into EARLY, BUILDING or STRONG.

Draw an arrow from the earliest clue to one interrupting action.

1 The first instruction is hard to hear

3 Shoulders lifting

5 Warm face

2 Breathing speeding up

4 Tight jaw

6 Hands gripping the pencil

More than one placement can work — be ready to explain your evidence.

 CONNECT

 EXPLORE

 **PRACTISE**

 REFLECT



“One body clue I could notice earlier is ...”

Write this one privately — you don't have to share it.

TAKEAWAY

Body signals are information to notice, not a command to obey.



CONNECT



EXPLORE



PRACTISE



REFLECT