

Body in the Group Activity

Keeping your **body in the group** means maintaining a comfortable physical presence around others – not too close yet not too far away.

1. Look at the image of the ocean scene on the next page. Circle the animals/people that have their bodies in the group.

- . What makes it a group?
- . How can you tell if bodies are in the group?
- . Which animals have their bodies out of the group?
- . How can you tell?

2. On the last page, draw your own **body in the group** picture!



Now, draw your own **Body In The Group** picture! Get creative. Use your imagination! Some ideas could be:

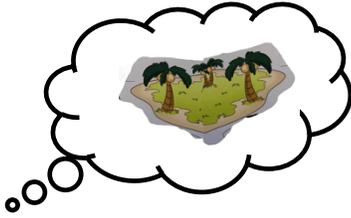
Your family or friends doing something fun

Some sea creatures in an underwater scene

Maybe some space aliens exploring space rocks

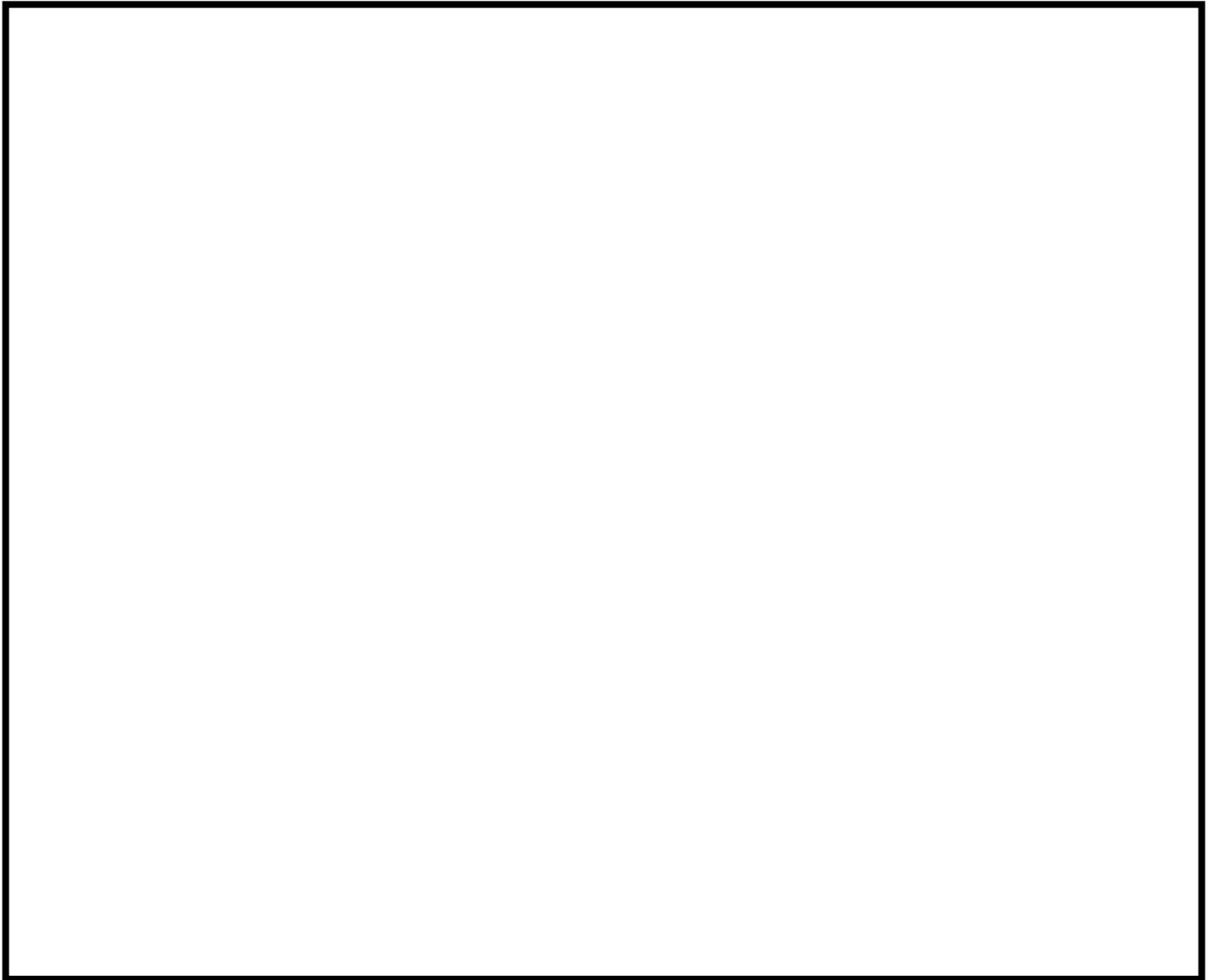


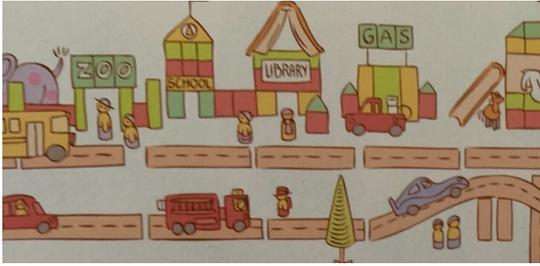
Body Out of the Group Activities



Your Island

Imagine your island and draw a picture below.
Who is on it with you? What other islands are nearby?





Inside Fun

What are some fun inside things you can do by yourself or with your family?

A large empty rectangular box with a black border, intended for drawing or writing. It occupies most of the lower half of the page.



Your Treasure Chest

What helps you feel more comfortable? What is in your treasure chest of strategies?