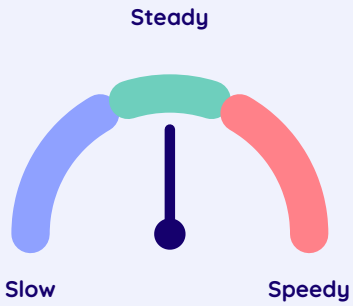
PRACTITIONER RESOURCE · EARLY YEARS

My Body Speeds

Noticing how fast my body feels



What Are Body Speeds?

Our bodies can feel **slow**, **steady** or **speedy**. Every speed is OK. Noticing our speed is the first step to choosing something that helps.

How to Use It

A quick check-in, 2–3 minutes.

Try it at arrival, after outdoor play, or before carpet time.

1. **Ask:** "How does your body feel right now? Is it slow, steady or speedy?"
2. **Show:** hold up the speed cards. Children can point, move to a card, or show you with their body.
3. **Reassure:** "There's no wrong speed. Everyone feels different at different times."
4. **Choose:** "What could help your body right now?" Try one idea from the card together.
5. **Notice again:** "How does your body feel now?" Celebrate any noticing, even "I don't know".

Why It Helps

Children learn to read their own body signals.

Spotting how our body feels from the inside (interoception) is an early building block of self-regulation. The aim isn't to make everyone steady. It's to help each child find what works for them.

Model it. Share your own speed: "I feel a bit slow this morning, so I'm going to stretch."

Keep it visible. Stick the speed cards on a wall at child height so they can point any time.

Use actions. Move slowly like a sloth, glide like a swan, zoom like a squirrel.

Pair it. Follow a speedy check-in with the Flashlight Body Scan or balloon breaths.

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connections in mind



Slow

like a sleepy sloth

My body feels

- My body feels heavy and sleepy.
- My head feels foggy.
- It is hard to get going.

Things to try

- Jump like a frog 5 times
- Do a big star stretch
- Shake, shake your hands
- Have a drink of water
- Dance to a song



Steady

like a gliding swan

My body feels

- My body feels calm and comfy.
- I can listen and play.
- I feel ready.

Things to try

- Keep on playing or learning
- Help a friend
- Notice how calm feels in your body



Speedy

like a zooming squirrel

My body feels

- My body feels wiggly and buzzy.
- I want to run and jump.
- Everything feels too loud.

Things to try

- Three balloon belly breaths
- Squeeze a soft toy
- Rest in the cosy corner
- Push the wall, hard and slow
- Draw or colour slowly

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connections in mind

Name .....

Date .....

Right Now My Body Feels...

Colour in the circle under your speed.



Slow ○



Steady ○



Speedy ○

Things That Help Me

Tick the things that help your body.

- ☐ Jumping
- ☐ Stretching
- ☐ Drink of water
- ☐ Dancing
- ☐ Balloon breaths
- ☐ Squeezing a toy
- ☐ Cosy corner
- ☐ Drawing
- ☐ Being with a friend

Things Adults Can Do to Help Me

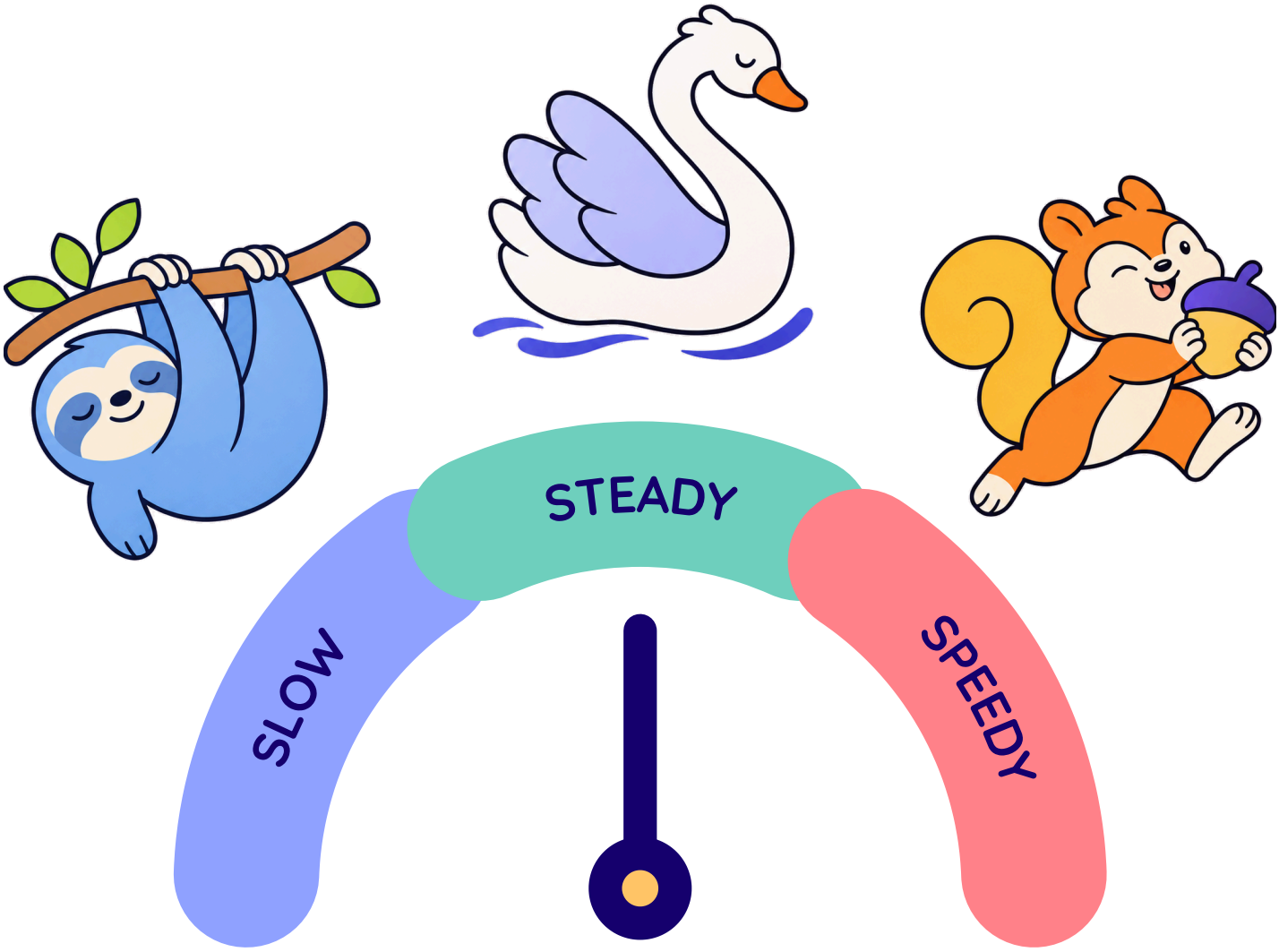
Tick the things that help when a grown-up does them.

- ☐ Use a calm, quiet voice
- ☐ Give me time and space
- ☐ Breathe with me
- ☐ Get down to my level
- ☐ Hold my hand or give a cuddle
- ☐ Help me find a quiet spot
- ☐ Take me for a walk
- ☐ Colour with me
- ☐ Play a simple game with me

connections in mind

How Fast Is My Body?

Point to your speed



Slow

Heavy and sleepy

Like a sleepy sloth

Steady

Calm and comfy

Like a gliding swan

Speedy

Wiggly and buzzy

Like a zooming squirrel

Every speed is OK!

Let's notice how we feel and find something that helps.