

Story: \_\_\_\_\_ Date: \_\_\_\_\_ Name: \_\_\_\_\_

Circle the Somatic Anchors in the story.



tree



fruit



garden



water



boat



fire



seeds



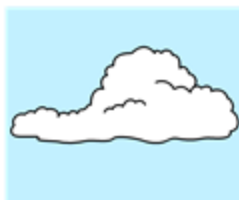
bread



bird



light



cloud



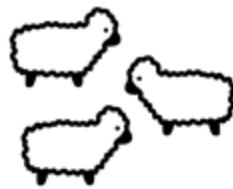
mountain



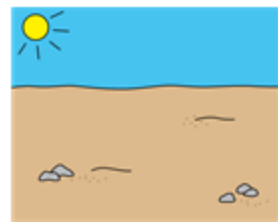
music



snake



sheep



desert

Story: \_\_\_\_\_ Date: \_\_\_\_\_ Name: \_\_\_\_\_

Circle the Somatic Anchor ACTIONS in the story.



journey



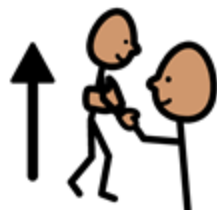
healing



feeding



birth



lift up



lead



make new



make a mistake



help



singing



offer



walking



battle



cooking



escape



rise