Body Signal Bingo

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

An adult notices clenched hands while waiting.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Generate a noncompetitive grid of possible body cues and mark only personally relevant examples.

3. Which cue might deserve care rather than judgment?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.