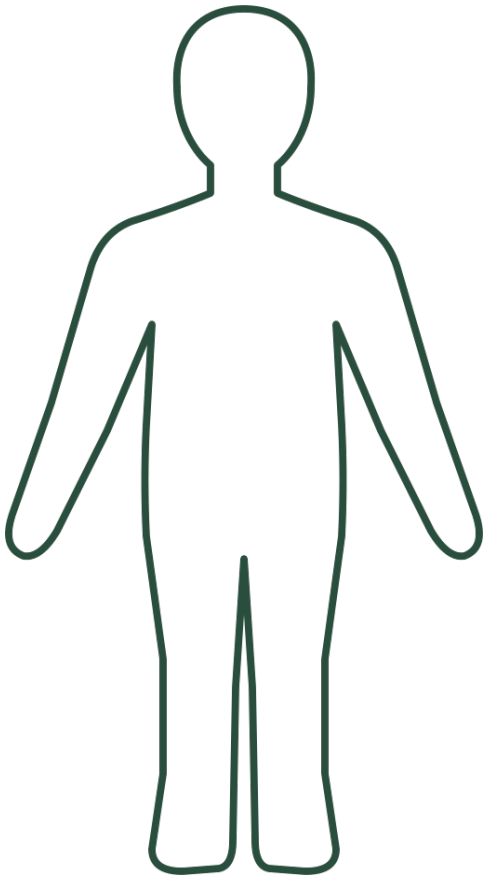
My one-minute body map

Choose one ordinary moment. Mark a spot, write a word, or leave the outline blank. Your notes are yours to keep.



What did I notice?

What was happening around me?

What did I do or choose next?