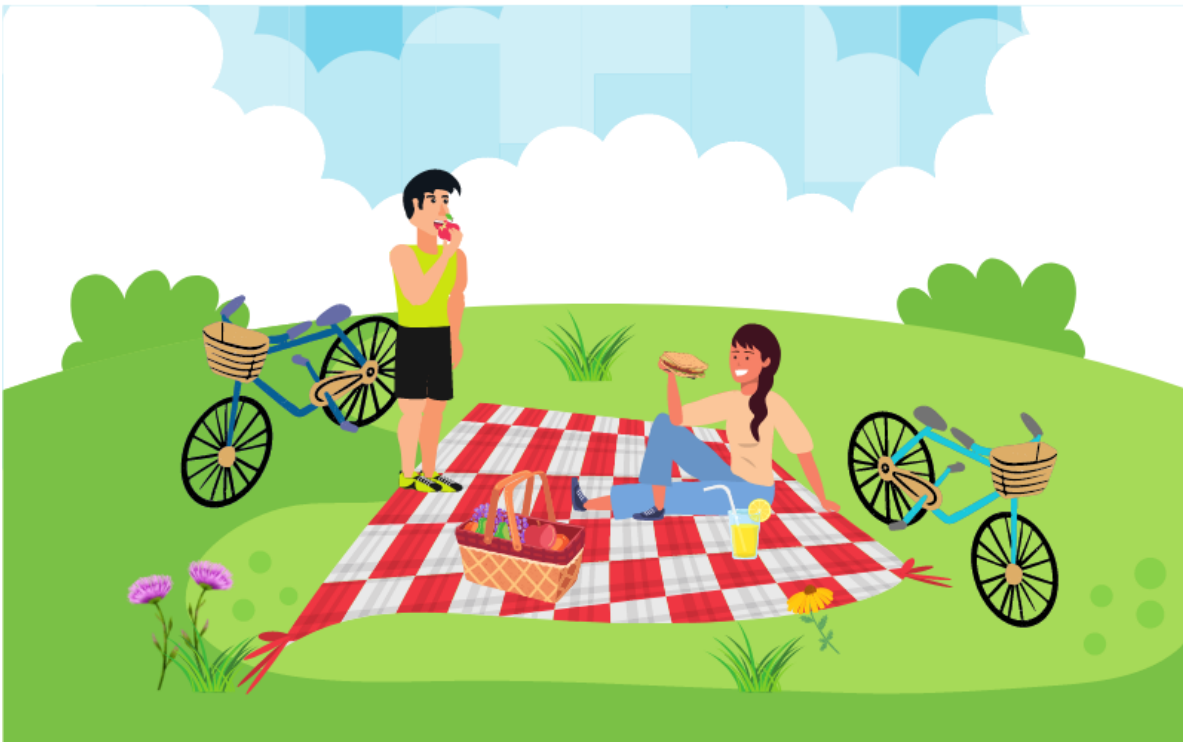


Tracking Practice

Tracking is when you notice what is happening inside your mind and body. It is one of the skills that can help you get back to your Resilient Zone or "OK" Zone.

Let's look at an example of the thoughts and feelings someone might have if they are practicing tracking. In this picture, Jack and Jill are having a picnic at the park after a bike ride. What kinds of sensations could they notice?



Jack and Jill may have noticed these sensations during their picnic:

Sight:
Picnic basket
Food

Taste:
Sweet apple
Sandwich

Smell:
Flowers
Grass

Touch:
Soft blanket
Cool breeze

Hear:
Wind blowing
Birds chirping

Tracking Practice

Tracking is paying attention to the sensations within your body. The five main senses are what you **see**, **hear**, **touch**, **smell** and **taste**. Practicing tracking can help you learn more about your body and your body's sensations. All of this practice can help you to stay in your Resilient or "OK" Zone.

Time to practice! Use the empty spaces below to write down some of the sensations you are feeling right now.

What can you see?

What can you hear?

What can you touch/feel?

What can you smell?

What can you taste?
