

## The Five-Step Process of Facilitating Somatic Learning

- 1.) Ask Some Version of:
  - a. What's happening in your body right now?
  - b. What sensations do you feel in your body?
  - c. What are you feeling right now?

\*NOTE: Encourage the learner to describe the **physical** feeling, not the **emotional** feeling. (Not ANXIETY, or JOY, but instead you are looking for them to describe the fluttering in their chest, or the tightness in their throat or the pounding in their ears. Have them scan their entire body and name every physical experience they can identify.

- 2.) How do you usually behave/How are you likely to behave when you feel this way?
- 3.) If you were to give that feeling a voice, what would it teach you?
- 4.) How are you feeling now? (*Brief repeat of #1*)
- 4.) What can/did you learn about (*insert learning topic here*) from this?

A Few Resources:

The Body in Adult Education: Introducing a Somatic Learning

[Your Body is Your Brain](#)

[Bodies of Knowledge: Embodied Learning in Adult Education](#)

[Listening to My Body \(A Book for Kids\)](#)

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