



TERMS OF USE



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Physical Signs of EMOTIONS

Posters and Worksheets around physical signs and sensations of emotions

10 Emotions covered

48 Posters and Worksheets

Worried

Colour or draw the body signs for
Draw an arrow from the body sign to the label

Dizziness or lightheaded
Blurred vision
Feeling sick
Trembling voice
Fast breathing
Tummy ache
Tense muscles
Weak muscle
Tight chest
Tired, unable to concentrate

Throat tight and difficulty swallowing
Headache
Dry mouth
Ringing in ears
Tingling or shaky fingers

Worried

Draw your body and highlight the signs you have when you are

Dizziness or lightheaded
Blurred vision
Feeling sick
Trembling voice
Fast breathing
Tummy ache

Throat tight and difficulty swallowing
Headache
Dry mouth
Ringing in ears
Tingling or shaky fingers

Body Signs that I am Worried

Tense muscles
Weak muscles
Tight chest
Tired, unable to concentrate

Worried

Coping Skills when I feel

What can I try to do?

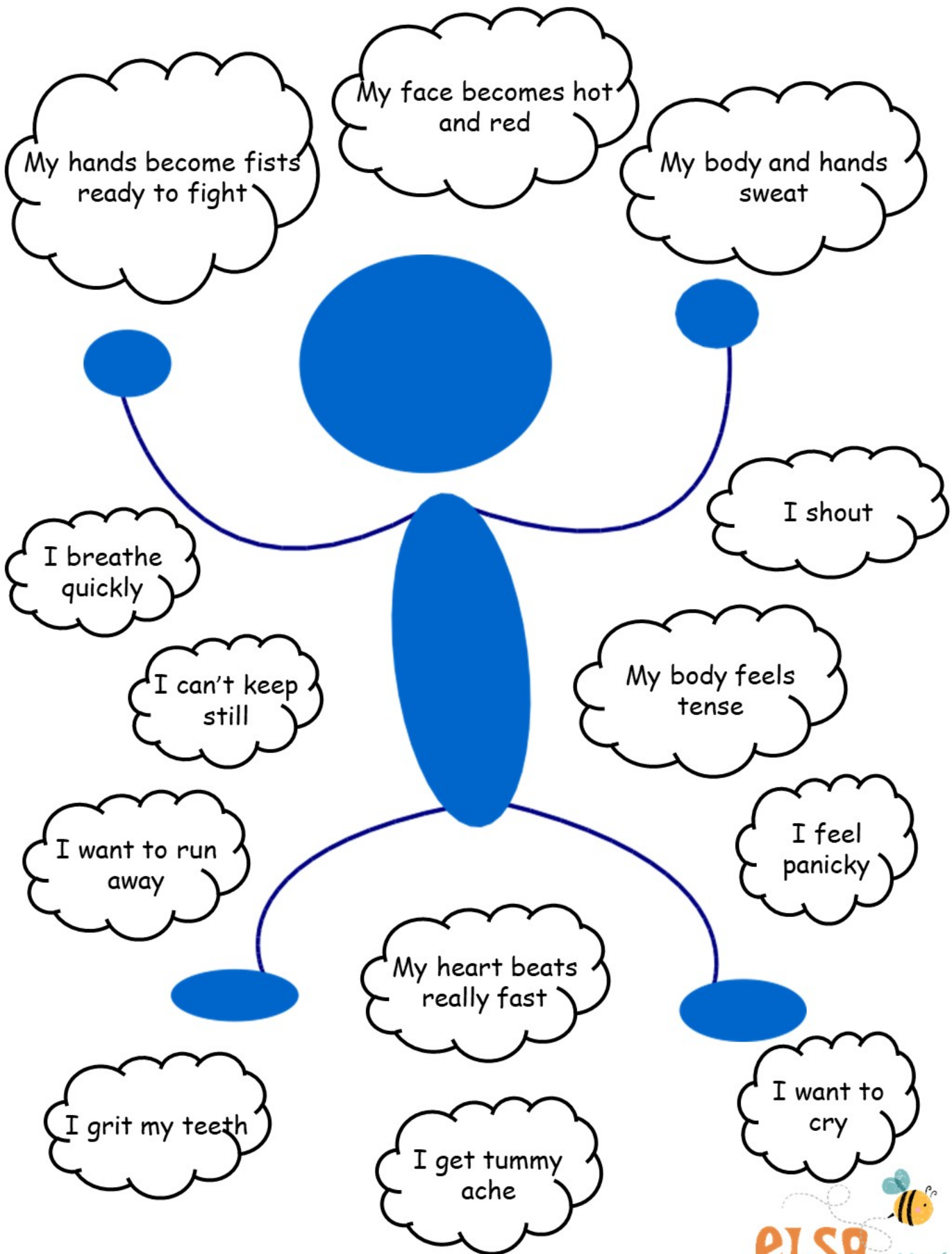
Body Signs that I am Worried

Dizziness or lightheaded
Blurred vision
Feeling sick
Trembling voice
Fast breathing
Tummy ache
Tense muscles
Weak muscles
Tight chest
Tiredness and unable to sleep

Throat tight and difficulty swallowing
Headache
Dry mouth
Ringing in ears
Tingling or shaky fingers
Butterflies in tummy
Fast heartbeat
Negative thoughts
Hot and sweaty
Frequent urination



When I am angry...



When I am angry...

