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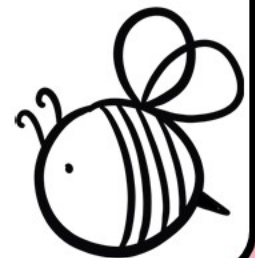
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Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

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
- Tight chest
- Tired mouth

Throat tight and difficulty swallowing

Headache

Dry mouth

Ringing in ears

Tingling or shaky fingers

Body Signs that I am Worried

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

Coping Skills when I feel Worried

What can I try to do?

Worried

Body Signs that I am

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

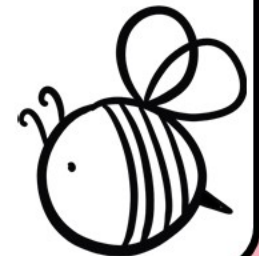
Throat tight and difficulty swallowing

Headache

Dry mouth
- Ringing in ears
- Tingling or shaky fingers
- Butterflies in tummy
- Fast heartbeat
- Negative thoughts
- Hot and sweaty
- Frequent urination

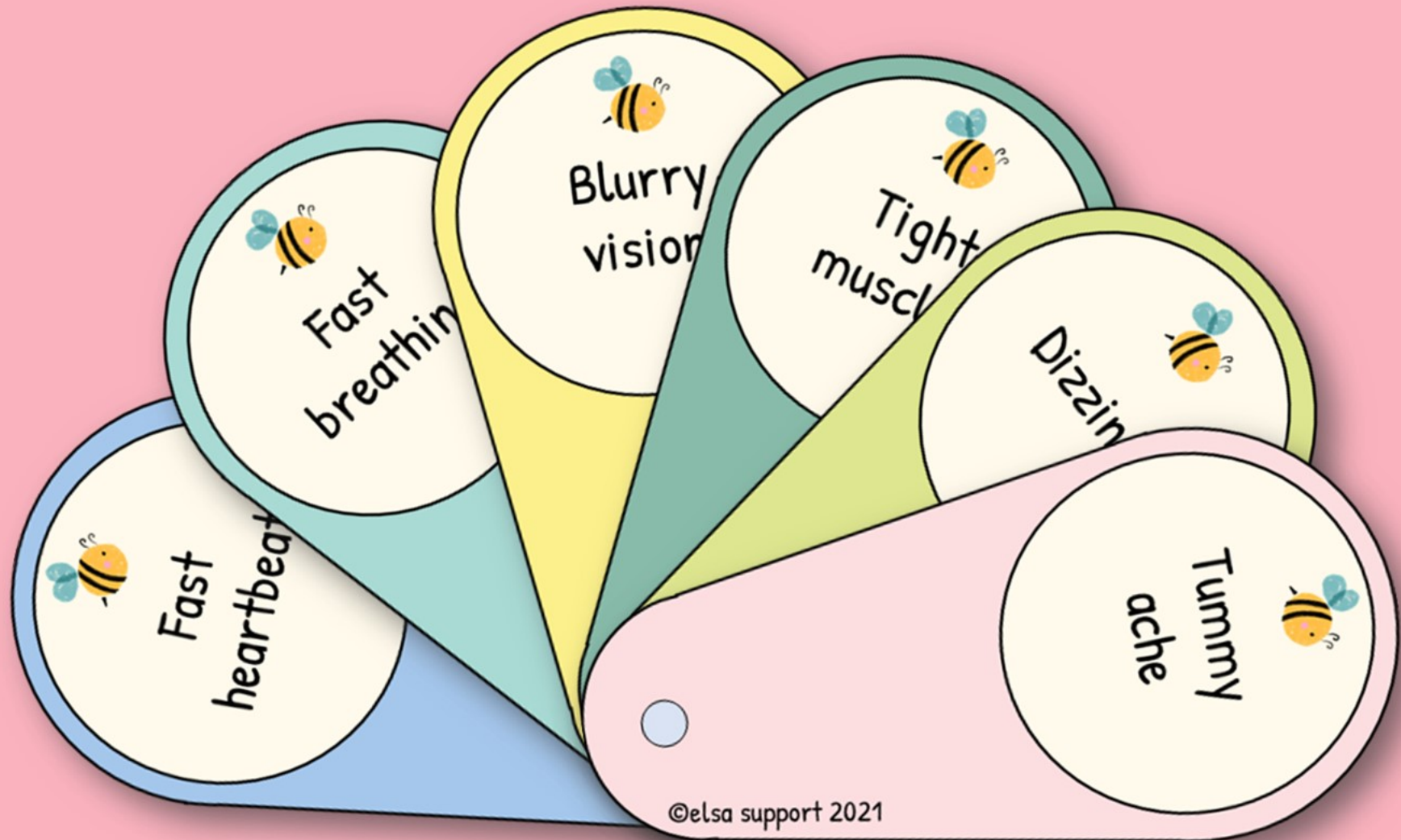


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Physical signs fans

Print off what you are likely to need, laminate and pop onto your lanyard. Great prompts for children to describe how they feel without saying the actual feeling.





Fast
heartbeat

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Fast
breathing

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Tight
muscles

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Blurry
vision

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Dizziness

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Tummy
ache

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Nausea or
feeling
sick

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Headache

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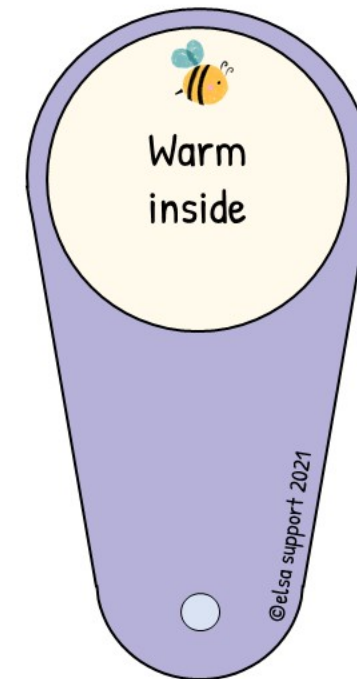
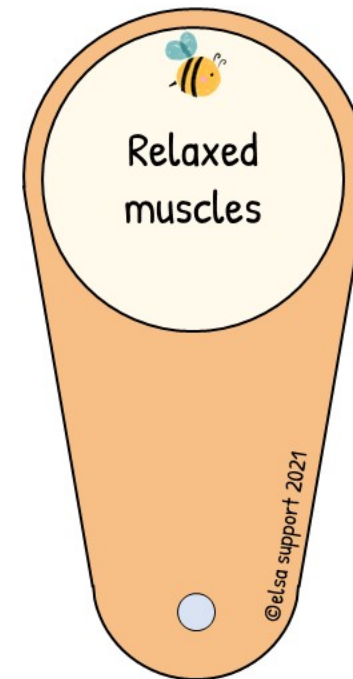
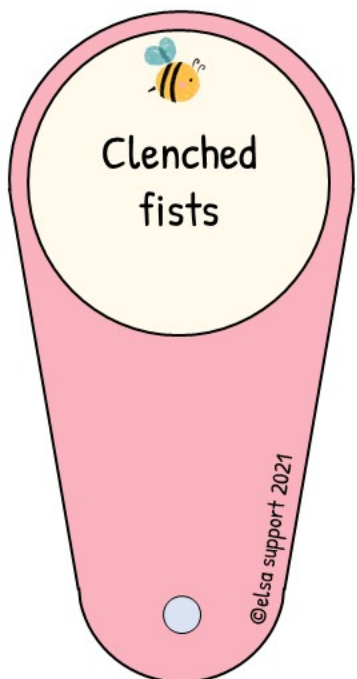
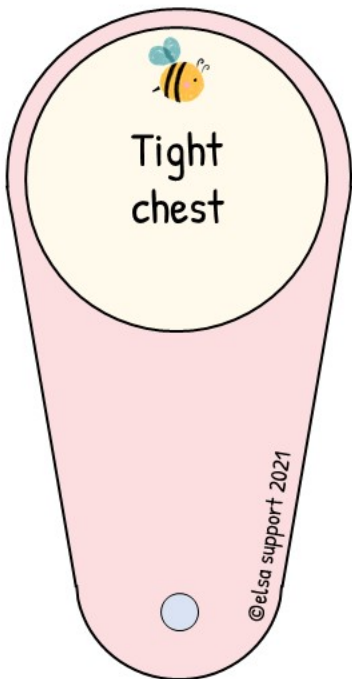
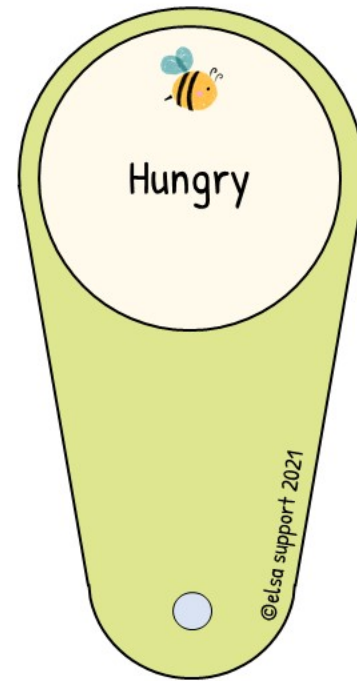
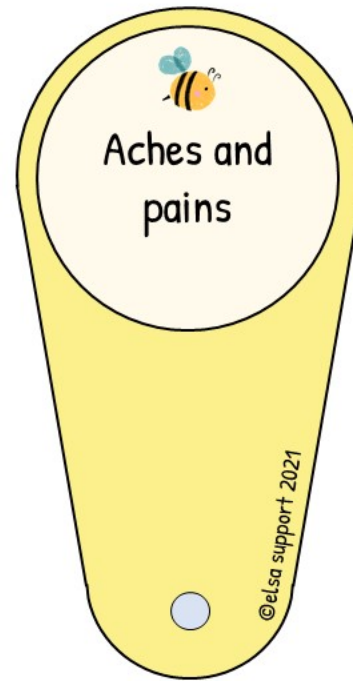
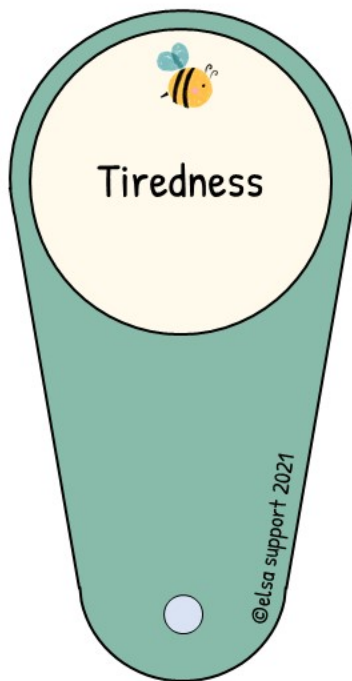
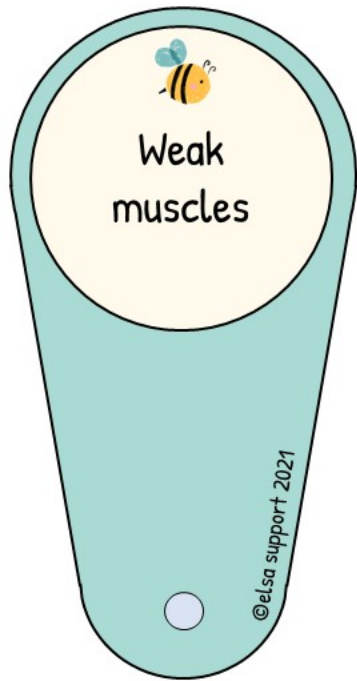
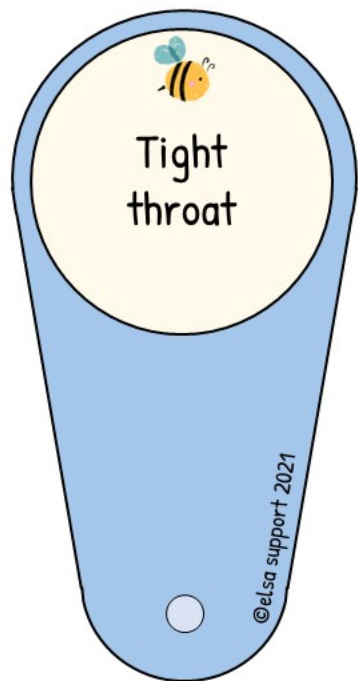
Shaking
or
trembling

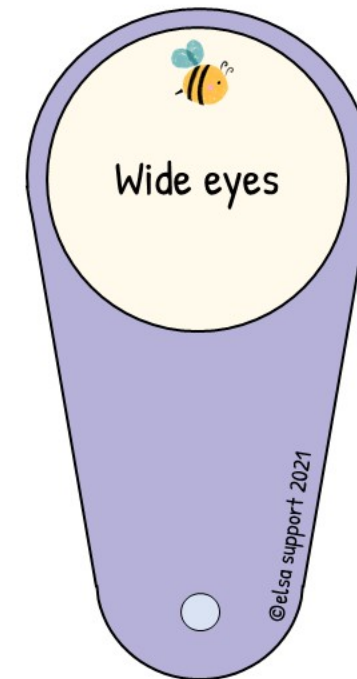
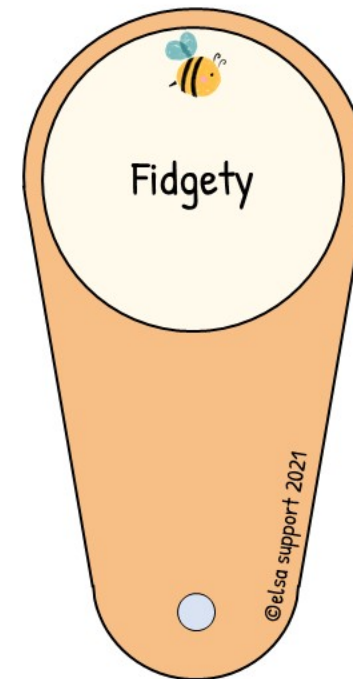
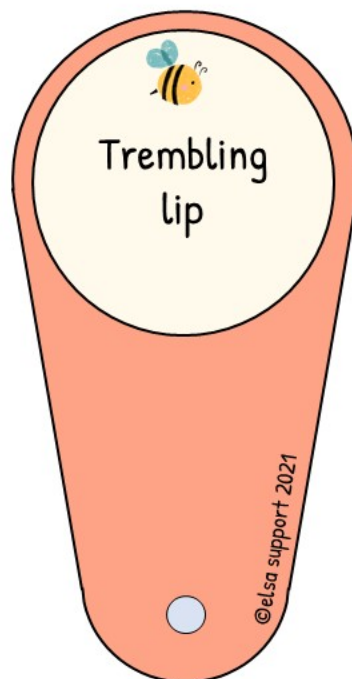
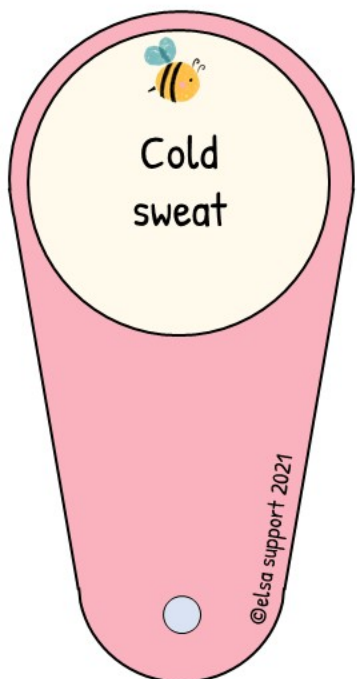
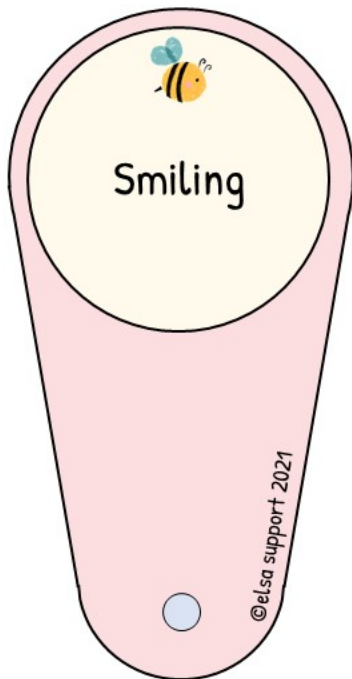
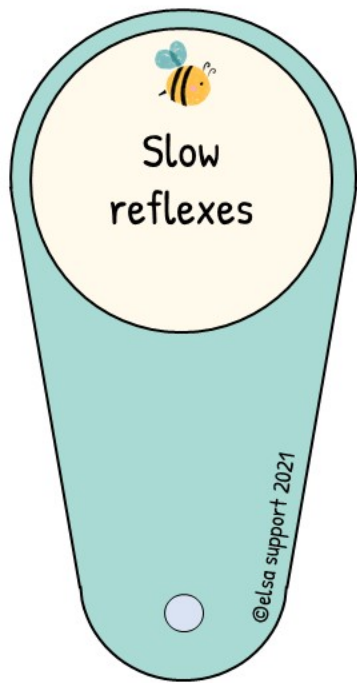
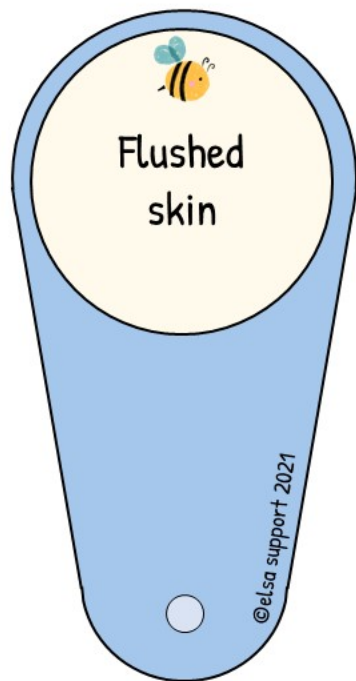
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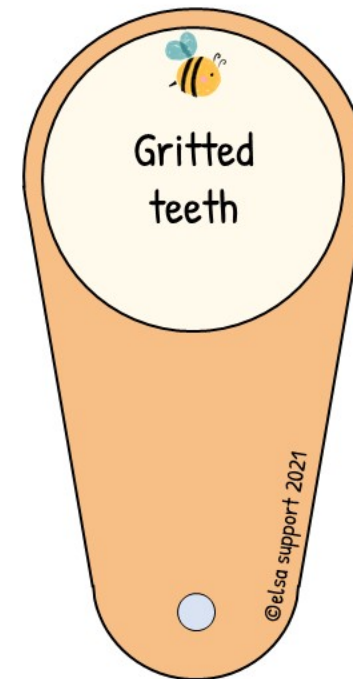
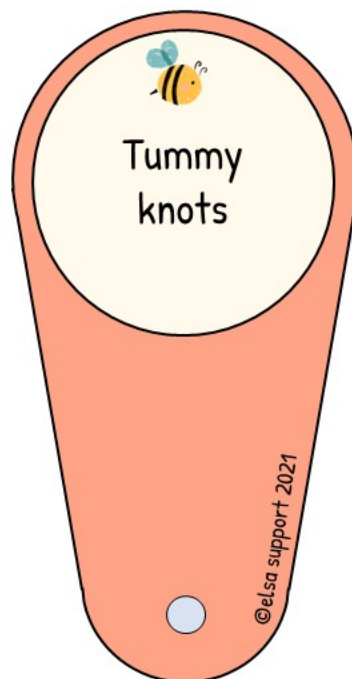
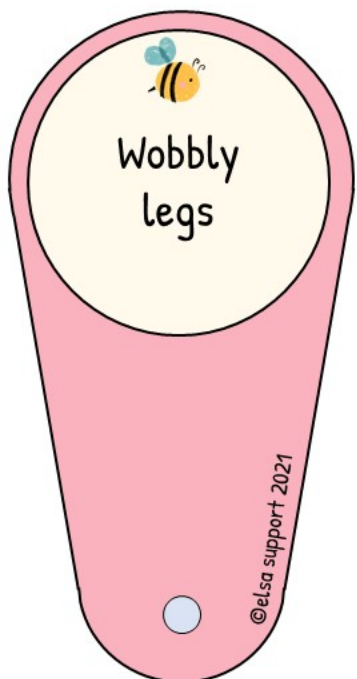
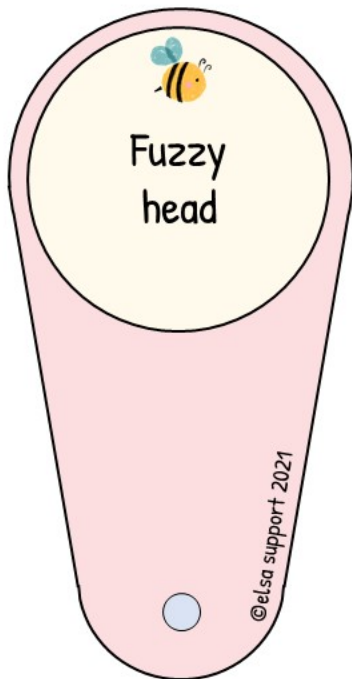
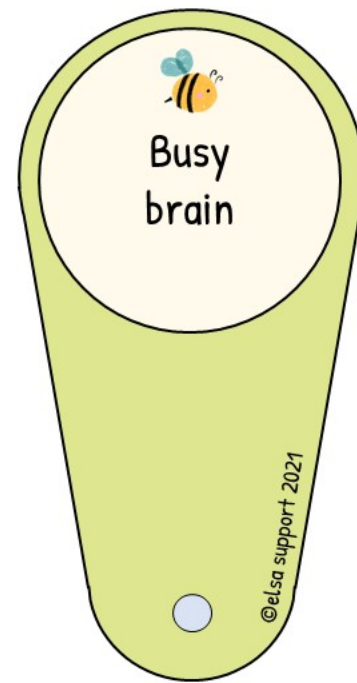
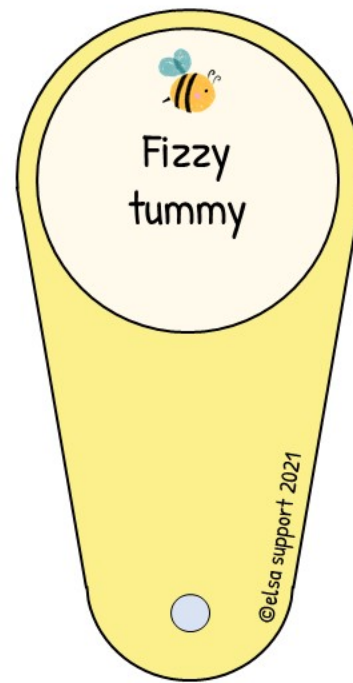
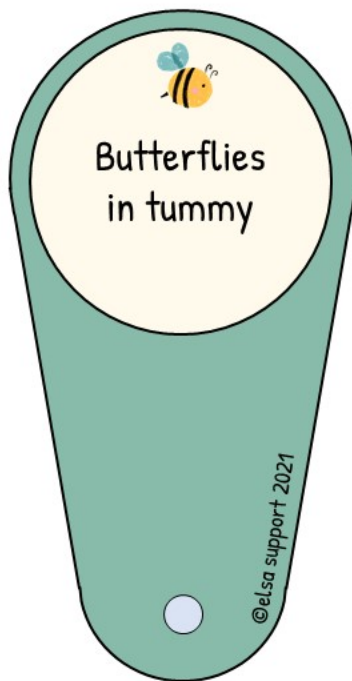
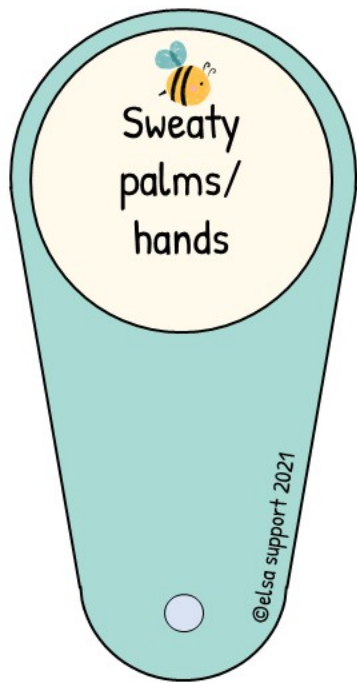


Hot and
sweaty

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Heavy
head

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Tense
jaw

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Frowned
eyebrows

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Cold
fingers

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Cold
toes

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Insomnia

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Tense
shoulders
and neck

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Pressure
in head

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Dry
mouth

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Bright
vision

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