



TERMS OF USE



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Other resources you will LOVE!



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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 sleep

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 sleep

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



LINK IT GAME

Print out the following sheets. Laminate and round off the corners.

Cut out each pair of cards.

Give each child one or two cards depending on how many you are working with. You can use this with up to 32 children

The first child starts with 'I have... who has...?' The person who has that emotion continues with I have... who has...? And so on. This can go around as many times as you want to. Each one is linked.

I have

embarrassed

Who has

frustrated?

I have

frustrated

Who has

annoyed?

I have

annoyed

Who has

angry?



I have

angry

Who has

worried?

I have

worried

Who has

shy?

I have

shy

Who has

ashamed?

I have

ashamed

Who has

calm?



I have

calm

Who has

happy?

I have

happy

Who has

sad?

I have

sad

Who has

scared?

I have

scared

Who has

surprised?



I have

surprised

Who has

disgusted?

I have

disgusted

Who has

shocked?

I have

shocked

Who has

irritated?

I have

irritated

Who has

confused?



I have

confused

Who has

excited?

I have

excited

Who has

proud?

I have

proud

Who has

bored?

I have

bored

Who has

tired?



I have

tired

Who has

gloomy?

I have

gloomy

Who has

furious?

I have

furious

Who has

terrified?

I have

terrified

Who has

thrilled?



I have

thrilled

Who has

nervous?

I have

nervous

Who has

anxious?

I have

anxious

Who has

peaceful?

I have

peaceful

Who has

enraged?



I have

enraged

Who has

exhausted?

I have

exhausted

Who has

upset?

I have

upset

Who has

miserable?

I have

miserable

Who has

uneasy?



I have

uneasy

Who has

embarrassed?