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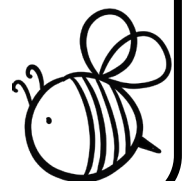
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# Physical Signs of EMOTIONS

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**

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



# Take a Mindful Break

You can spell out your name, or the name of the big emotion that you are feeling. Do the series of mindful activities that spell out that word. If you have the same letter twice or more in a word. Just do it once. Do you feel calmer?

Word:

**A**

Take some calming breaths

**N**

Draw a rainbow

**B**

Colour a picture mindfully

**O**

Count your fingers slowly

**C**

Hug a cuddly toy

**P**

Wiggle your toes and feel them touch your socks or shoes

**D**

Stretch your arms high into the air

**Q**

Balance a pencil on your finger

**E**

Rub your hands together and feel the warmth

**R**

Bounce a ball 10 times. Observe it bounce

**F**

Draw a smiley face, putting in as much detail as you can

**S**

Close your eyes and whisper the alphabet

**G**

Trace around your hand with the finger of your other hand

**T**

Feel your heart beating by placing a hand on your chest

**H**

Squeeze a cushion and feel its texture

**U**

Focus on the sounds you can hear in the room

**I**

Drink water slowly and mindfully

**V**

Watch the clouds

**J**

Wash your hands in cold water and feel the coldness

**W**

Notice 5 things in the room you are in now

**K**

Sing your favourite song. Think about the lyrics

**X**

Trace the outline of a book with your finger

**L**

Close your eyes and imagine your happy place

**Y**

Fold a piece of paper as many times as you can

**M**

Smell a flower

**Z**

Notice all the colours around you