
















Name _____

Date _____

<h1 style="text-align: center;">My Body Clues</h1>		 Angry	 Sad	 Worried
<p>Make fists with hands</p>				
<p>Grit my teeth</p>				
<p>Heart beat is fast</p>				
<p>Hot or red face</p>				
<p>Stamping feet</p>				
<p>Frowning face</p>				
<p>Tense body or muscles</p>				
<p>Breathing fast</p>				
<p>Hold my breath</p>				
<p>Tummy feels sick or wobbly</p>				
<p>Bite my nails</p>				
<p>Suck on my fingers</p>				

My Body Clues		 Angry	 Sad	 Worried
Get hot and sweaty				
Feel shaky				
Hands feel warm				
Smile				
Angry eyes				
Crying				
Hide my face				
Slumped over body				
Tummy gets tight				
Sad eyes				
Head hurts				