

Worried

Colour or draw the body signs for

Draw an arrow from the body sign to the label

Dizziness or
lightheaded

Throat tight and
difficulty
swallowing

Blurred vision

Headache

Feeling sick

Dry mouth

Trembling
voice

Ringling in ears

Fast
breathing

Tingling or
shaky
fingers

Tummy ache

Butterflies in
tummy

Tense
muscles

Fast
heartbeat

Weak muscles

Negative
thoughts

Tight chest

Hot and
sweaty

Tiredness and
unable to sleep

Frequent
urination