

What Your Body Feels

Stress and emotions affect everyone in unique ways.

Think about what you notice in your body when you are feeling stressed or upset.

Then use the outline to mark in those parts of your body that you notice.

You can use **different colours** to represent different emotions (first colour in the boxes below)

- = Stress
- = Anger
- = Fear
- = Sadness
- = _____
- = _____

You may also wish to use the grid below or to make up your own markings:

- = Tense/tight muscles
- ≡ = Shaky muscles
- * = Pain

