



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 two 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 10 children.

The first child starts with 'I have... who has...?'

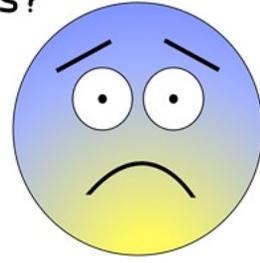
The person who has that emotion continues with I have... who has...? And so on. This can go around as many times as you want to. Each one is linked.

I have



happy

Who has?



sad

I have



sad

Who has?



angry

I have



angry

Who has?



disgusted

@dlsa-support 2020

I have



disgusted

Who has?



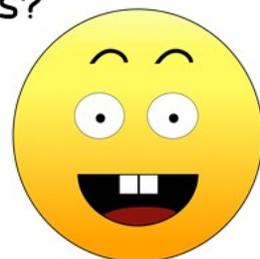
scared

I have



scared

Who has?



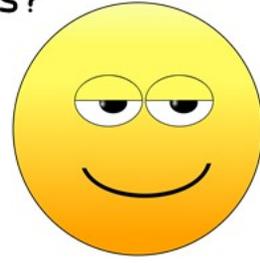
surprised

I have



surprised

Who has?



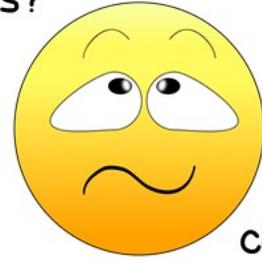
calm

I have



calm

Who has?



confused

I have



confused

Who has?



worried

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I have



worried

Who has?



tired

I have



tired

Who has?



happy