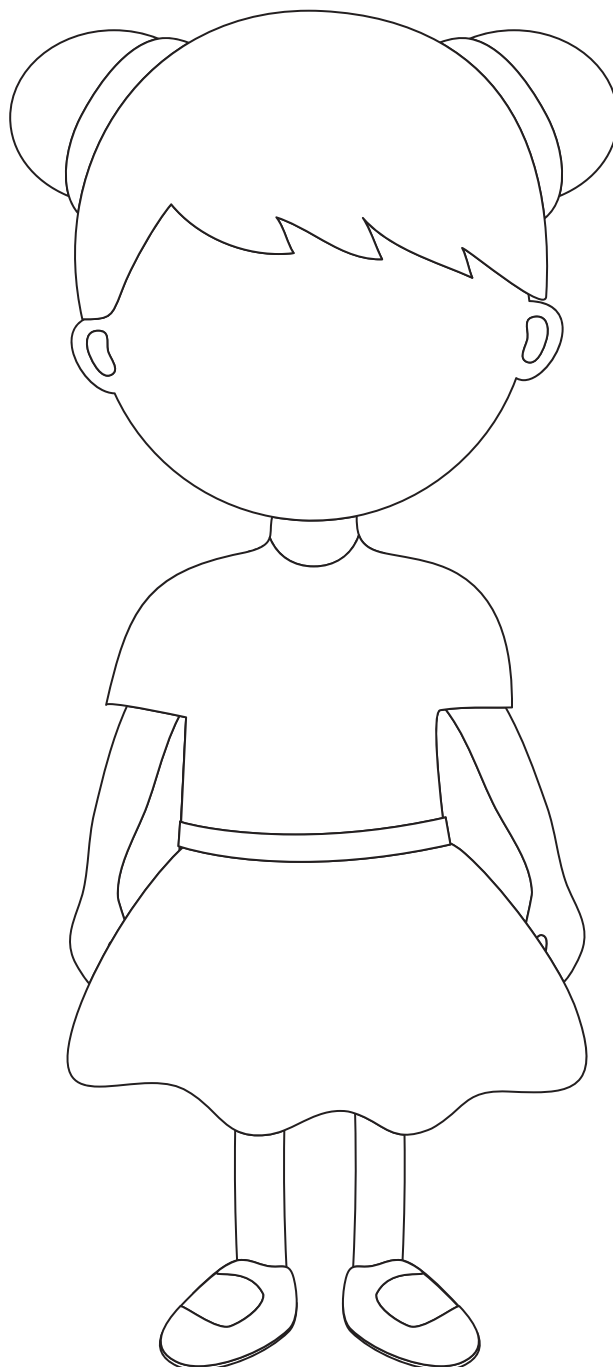


Feelings body map



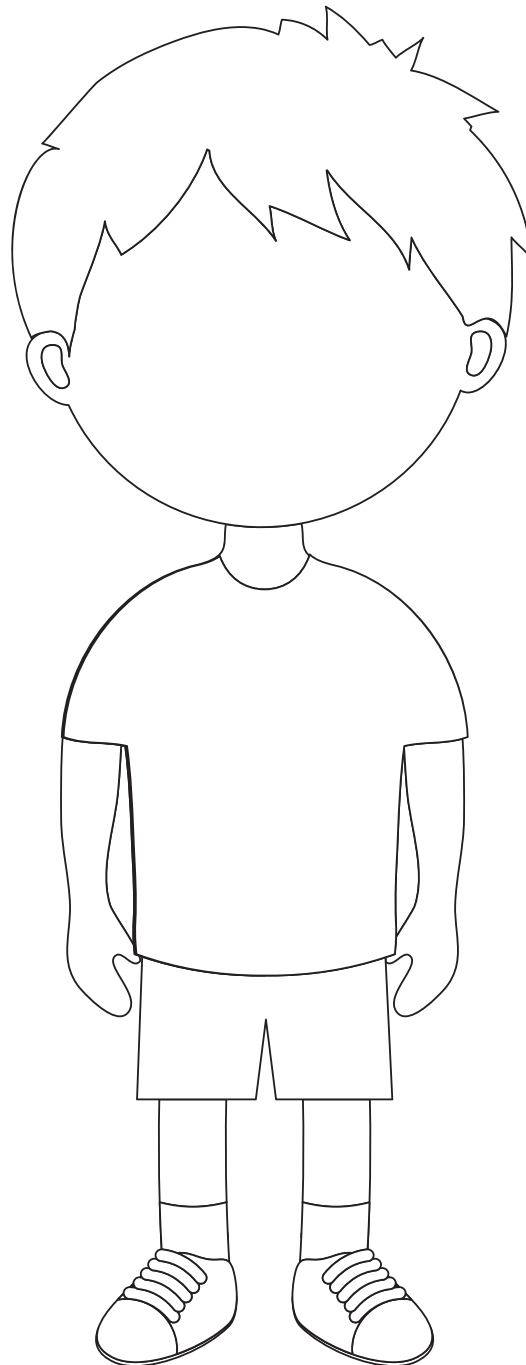
Can you write or draw on the bodymap to show what might happen to someone's body when they are scared or worried?



It is completely normal for these things to happen. These are signs that our body gives us to tell us that something is not ok and we need to get help.

Feelings body map

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Ideas

- Facial expressions
- Crying
- Going red
- Grit teeth together
- Feeling sick
- 'Butterflies' in tummy (caused by reduced blood flow to the stomach)
- Feel 'electric'
- Feel shivery
- Heart rate increases
- Heart palpitations (feels like it misses a beat)
- Mouth goes dry
- Difficult to speak
- Sweating
- Feel hot
- Hair stands on end
- Difficulty listening
- Difficulty concentrating
- Breathing rate increases
- All muscles become tense
- Hyperventilate
- Feeling dizzy
- Feel you can't take a deep breath
- Blood pressure rises
- Adrenalin and noradrenalin are released
- Sphincters close
- Pupils dilate
- Neck and shoulders become tense
- Liver releases glucose for energy
- Digestion is disrupted