

Recognizing Anxiety in My Body

Directions: Look at Sally below to see some of the physical signs of anxiety. Then think about a time you felt scared or anxious about something. Did you notice anything about your body? Write down how you felt and connect it to the appropriate body part on Neil.

The illustration shows a girl named Sally with long brown hair, wearing a red beanie, a white shirt with a red tie, and blue pants. Lines connect various physical signs of anxiety to her body parts:

- Feeling dizzy (head)
- Blushing (face)
- Tense muscles (torso)
- Feeling too hot or too cold (torso)
- Shaky (hands)
- Fidgeting (hands)
- Choking feeling (throat)
- Sweating (torso)
- Tight chest (chest)
- Heart beating fast (chest)
- Feels hard to breathe (chest)
- Breathing fast (chest)
- Stomachache (stomach)

Below Sally is an illustration of a boy named Neil with short brown hair, wearing a blue and white striped shirt and dark shorts. There are ten horizontal lines on either side of him for writing.