Notice the Body Clue

Pre-K-Grade 2 | Social-emotional learning | Body awareness | Color

Learner: _____ Date: _____

Read or listen to each body clue. Circle the feeling it may match. More than one feeling can be possible in real life.

BOUNCY BODY + BIG SMILE

EXCITED SAD

TIGHT TUMMY + FAST HEART

WORRIED CALM

SLOW BREATH + SOFT HANDS

CALM ANGRY

TEARS + LOW ENERGY

SAD EXCITED

HOT FACE + TIGHT FISTS

ANGRY TIRED

YAWNS + HEAVY EYES

TIRED CALM

Grown-up check: Possible matches: excited, worried, calm, sad, angry, tired. Body clues do not prove a feeling; ask kindly.

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