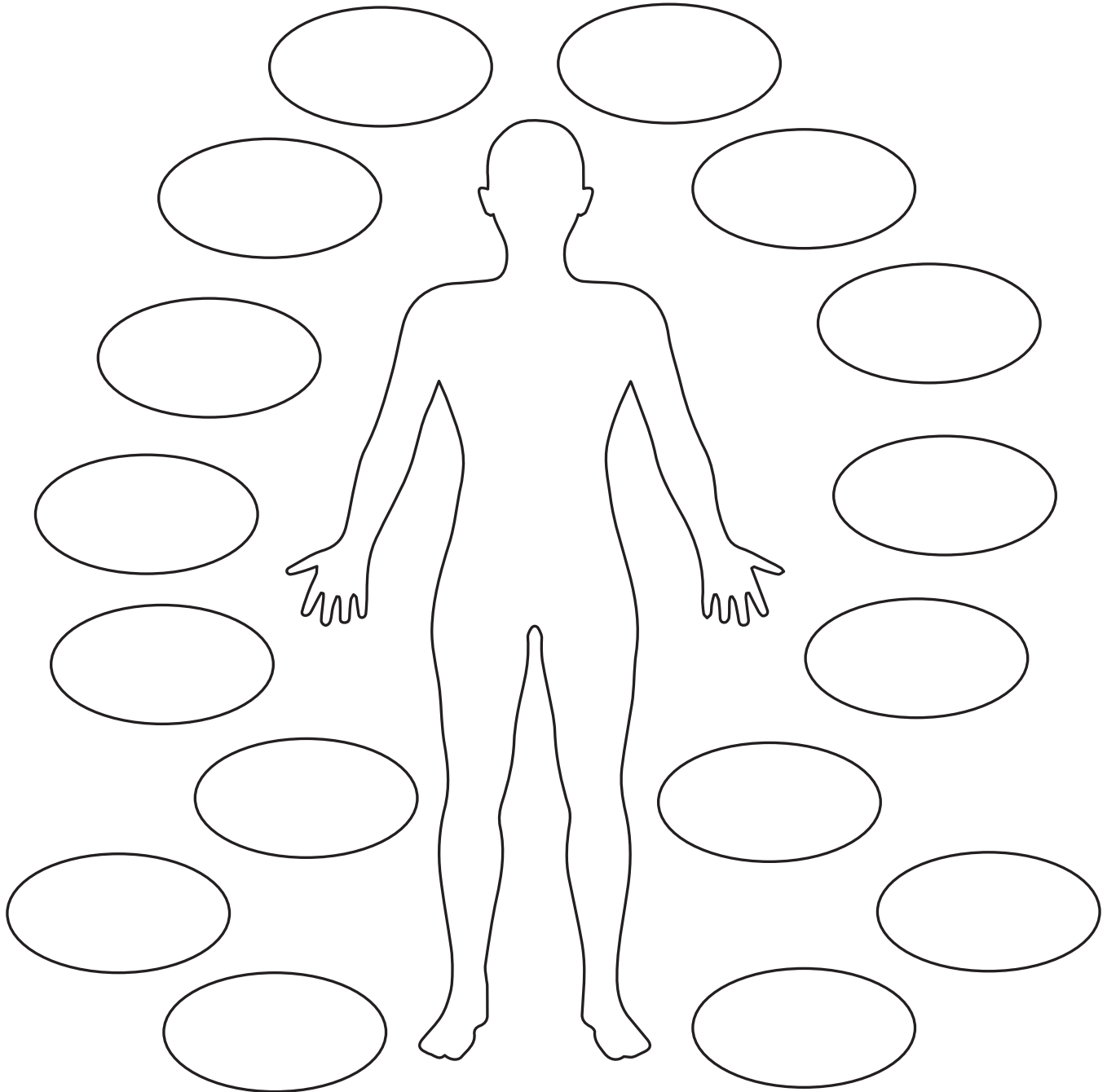


# How Anxiety Feels in My Body

Color the student below to reflect you. Where do you feel anxiety in your body?  
Write those symptoms in the bubbles on the sides and draw lines to  
the part of your body where you feel anxious.



**Word bank:**

Heart beats fast  
Muscles get tight  
Lots of sweating  
Breathing fast

Head hurts  
Tummy gets upset  
Not sleeping well  
Feeling shaky

Feeling dizzy  
Face turns red or feels hot  
Hands feel sweaty  
Mouth gets dry