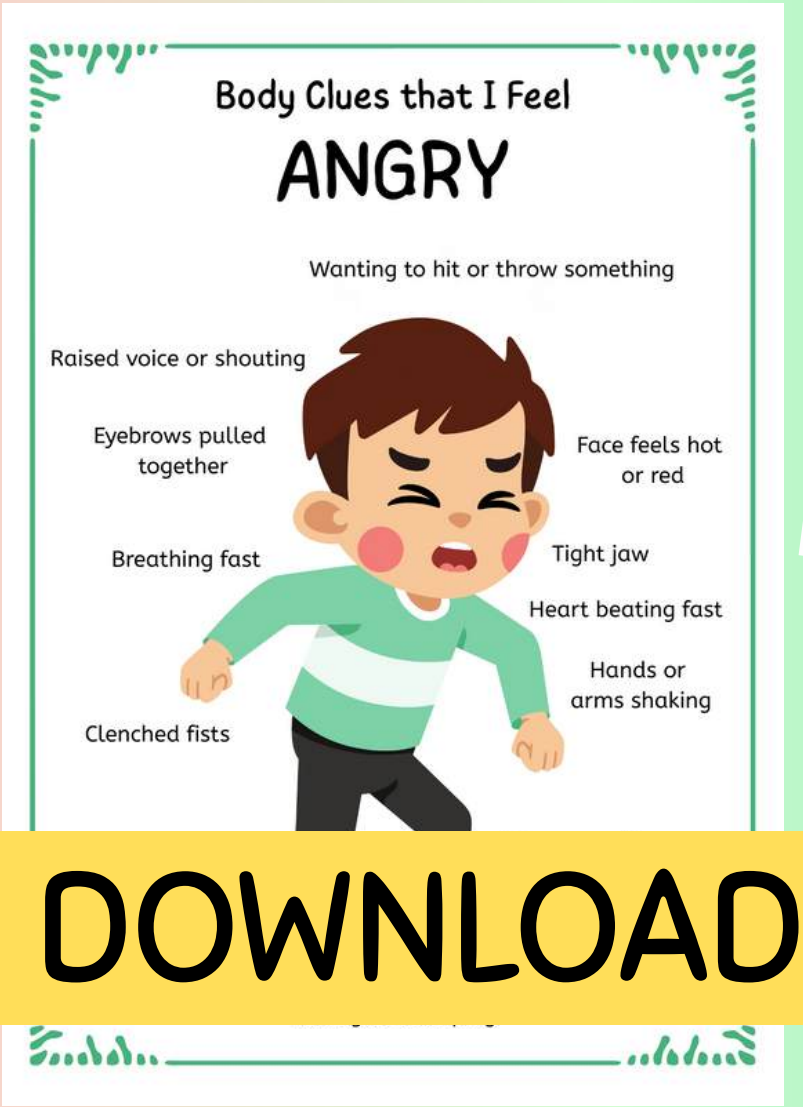
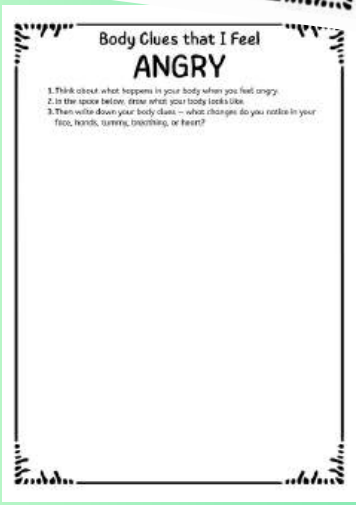
PHYSICAL SIGNS OF 15 EMOTIONS





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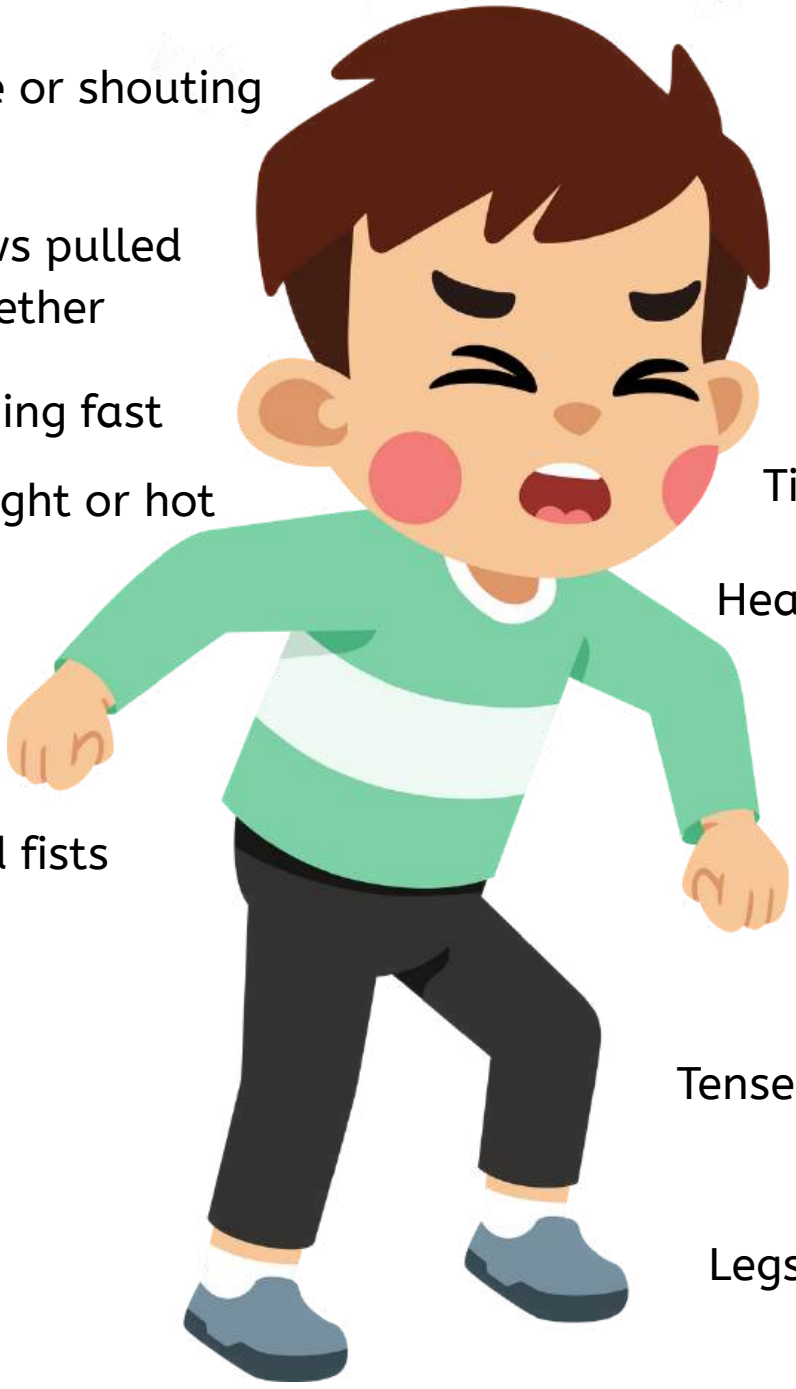
Body Clues that I Feel

ANGRY



Body feels like it might explode

Raised voice or shouting

Eyebrows pulled together

Face feels hot or red

Breathing fast

Chest feels tight or hot

Tight jaw

Heart beating fast

Hands or arms shaking

Clenched fists

Tense muscles

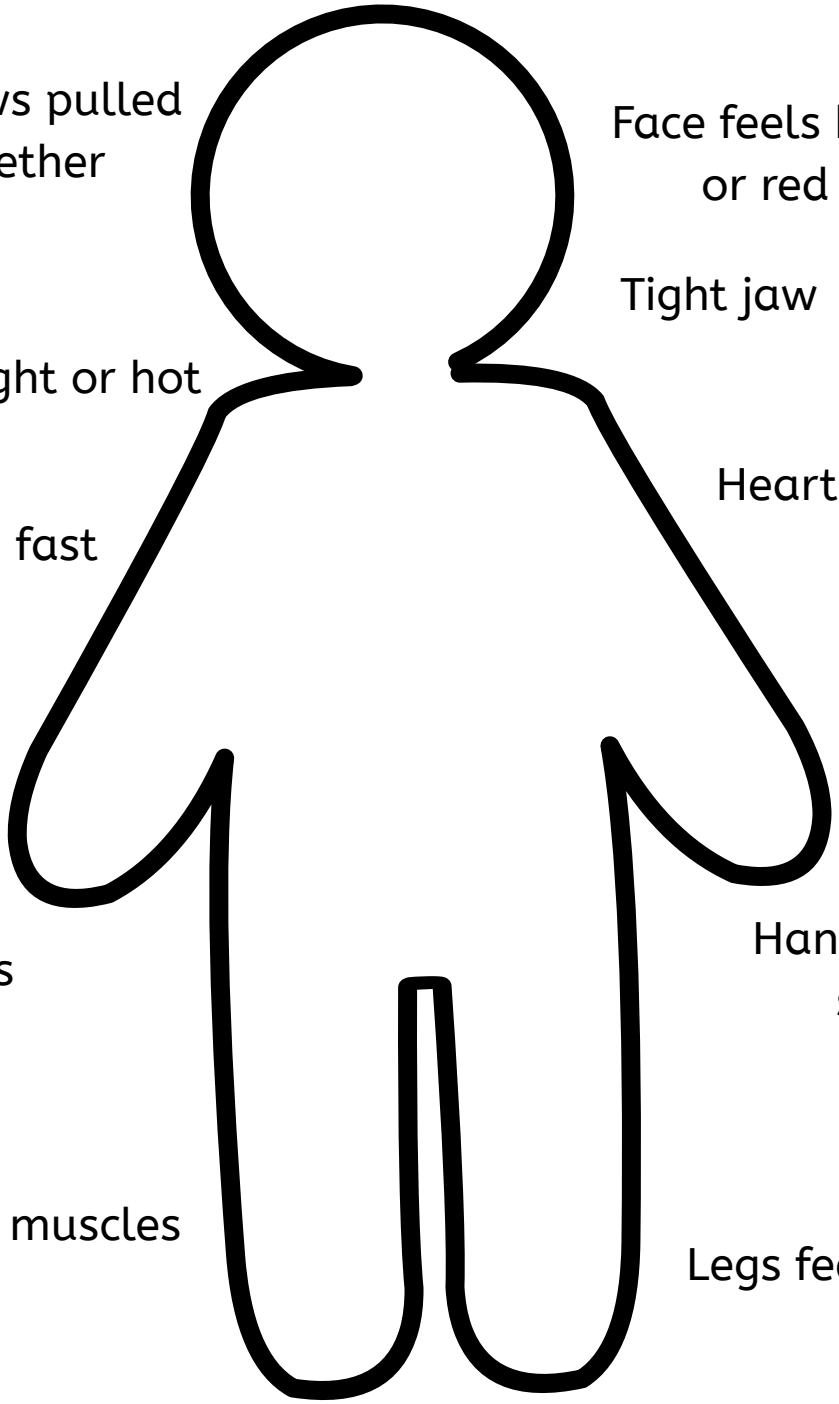
Legs feel like kicking

Pacing or stomping

Body Clues that I Feel

ANGRY

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel angry.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are angry – or add your own.



Body feels like it might explode

Raised voice or shouting

Eyebrows pulled together

Face feels hot or red

Tight jaw

Chest feels tight or hot

Heart beating fast

Breathing fast

Clenched fists

Hands or arms shaking

Tense muscles

Legs feel like kicking

Pacing or stomping

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____

Body feels like it might explode

Raised voice or shouting

Eyebrows pulled together

Face feels hot or red

Tight jaw

Chest feels tight or hot

Heart beating fast

Breathing fast

Clenched fists

Hands or arms shaking

Tense muscles

Legs feel like kicking

Pacing or stomping

Body Clues that I Feel

ANGRY

1. Think about what happens in your body when you feel angry.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

HAPPY

Talking more than usual

Feeling warm inside

Sparkly or bright eyes

Face looks calm or cheerful

Smiling or laughing

Waving or sharing things

Relaxed muscles

Energetic body

Arms open and relaxed

Skipping or jumping

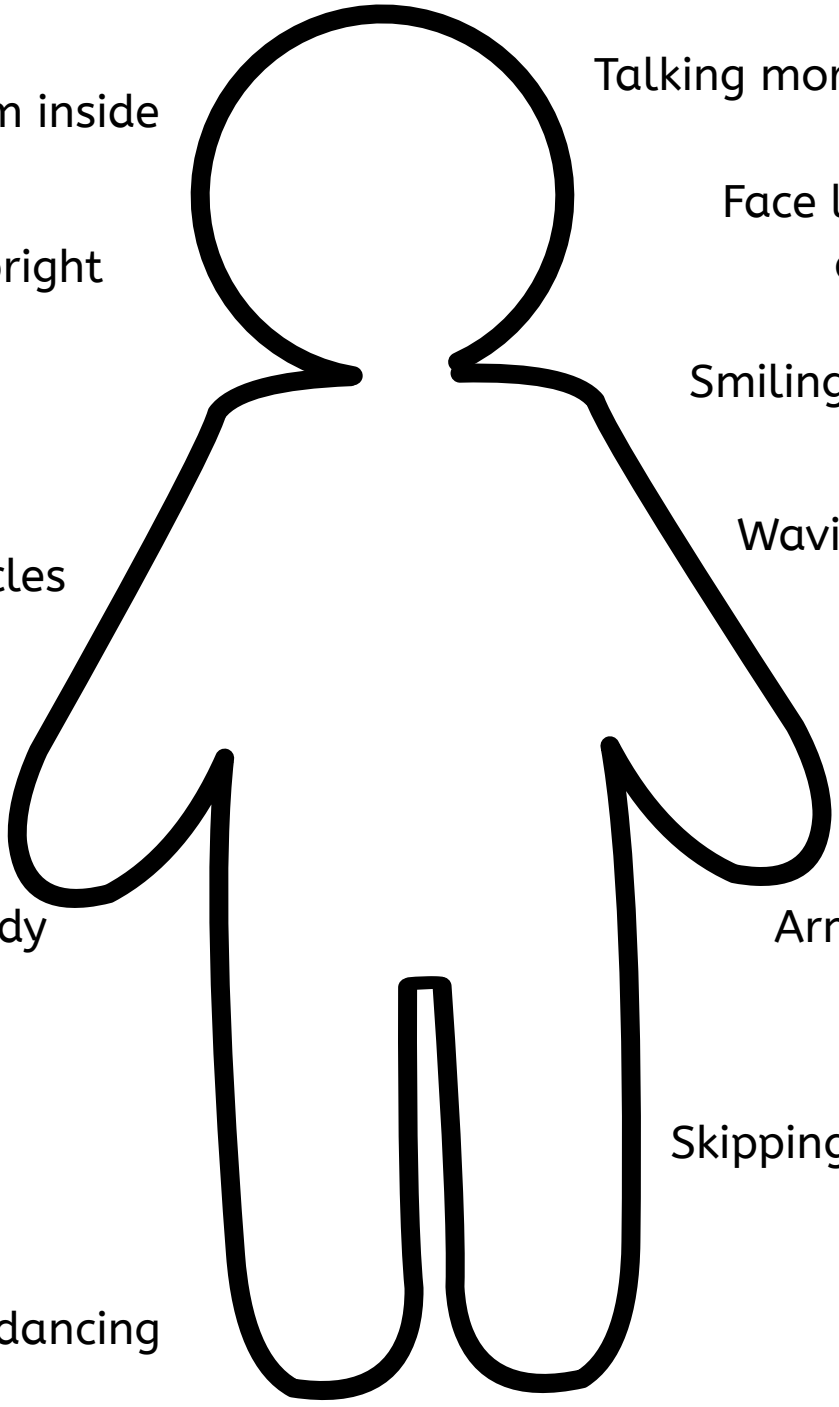
Hugging or dancing

Light and bouncy feeling

Body Clues that I Feel

HAPPY

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel happy.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are happy – or add your own.



Feeling warm inside

Talking more than usual

Face looks calm or cheerful

Sparkly or bright eyes

Smiling or laughing

Waving or sharing things

Relaxed muscles

Energetic body

Arms open and relaxed

Skipping or jumping

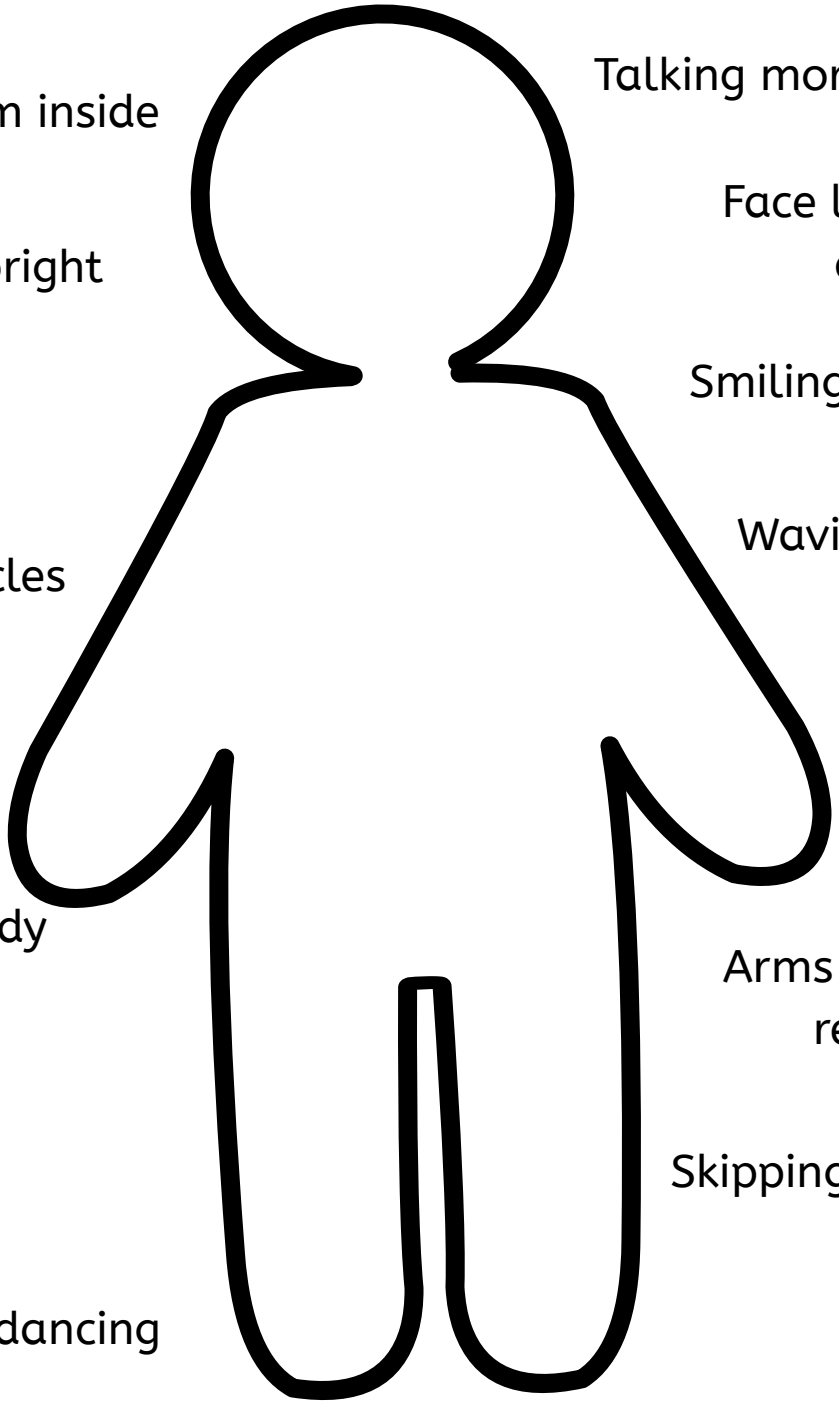
Hugging or dancing

Light and bouncy feeling

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Feeling warm inside

Talking more than usual

Face looks calm or cheerful

Sparkly or bright eyes

Smiling or laughing

Waving or sharing things

Relaxed muscles

Energetic body

Arms open and relaxed

Skipping or jumping

Hugging or dancing

Light and bouncy feeling

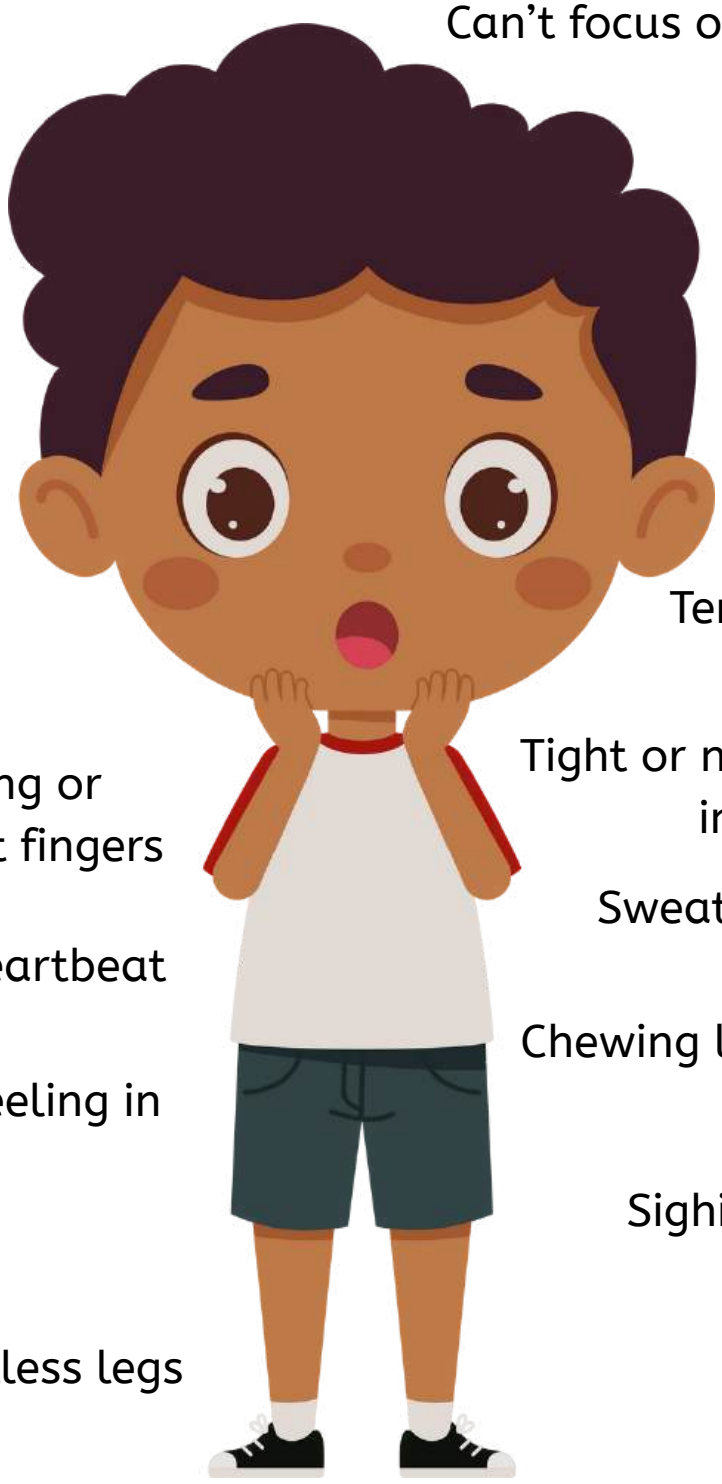
Body Clues that I Feel

HAPPY

1. Think about what happens in your body when you feel happy.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

WORRIED



Can't focus or concentrate

Hard to sit still

Stomach ache or headache

Trembling voice

Tense shoulders or neck

Tight or nervous feeling in chest

Fidgeting or picking at fingers

Sweaty hands

Fast heartbeat

Chewing lips or nails

Sick or fluttery feeling in tummy

Sighing a lot

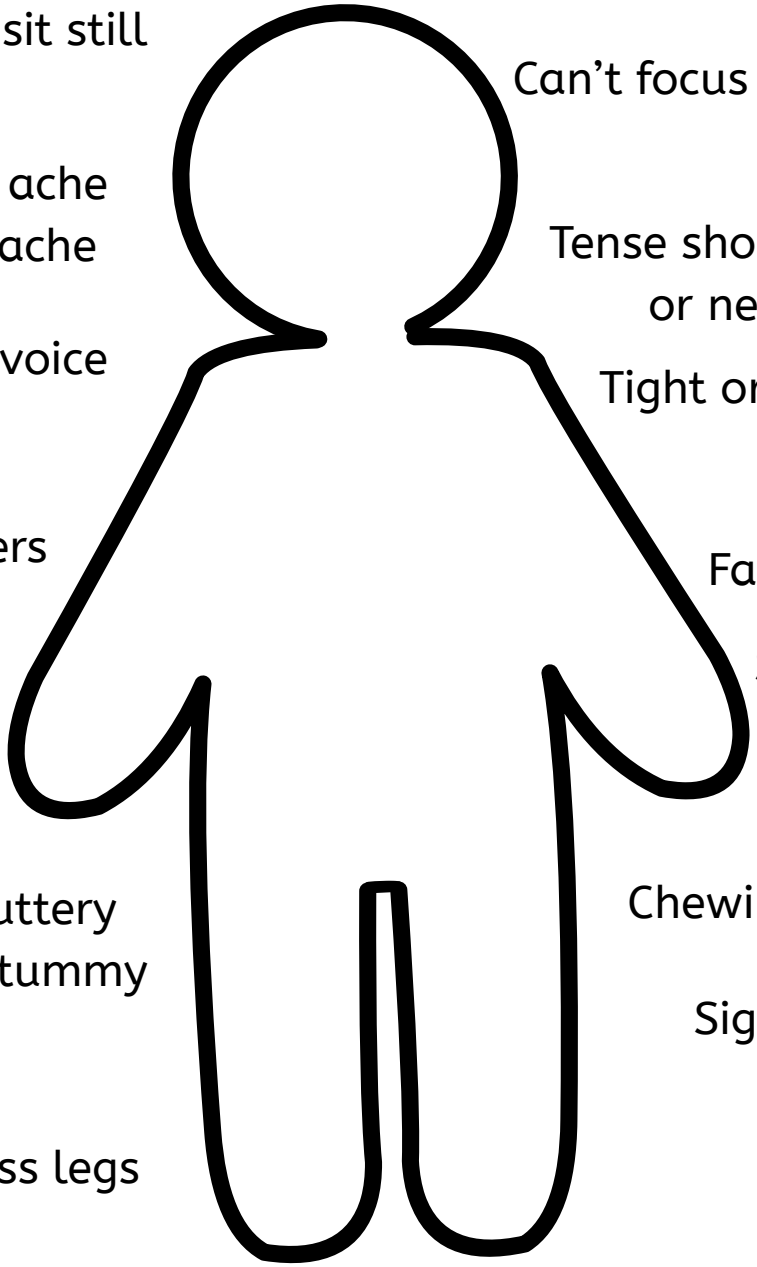
Restless legs

Feeling like something bad might happen

Body Clues that I Feel

WORRIED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel worried.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are worried – or add your own.



Hard to sit still

Can't focus or concentrate

Stomach ache or headache

Tense shoulders or neck

Trembling voice

Tight or nervous feeling in chest

Fidgeting or picking at fingers

Fast heartbeat

Sweaty hands

Sick or fluttery feeling in tummy

Chewing lips or nails

Sighing a lot

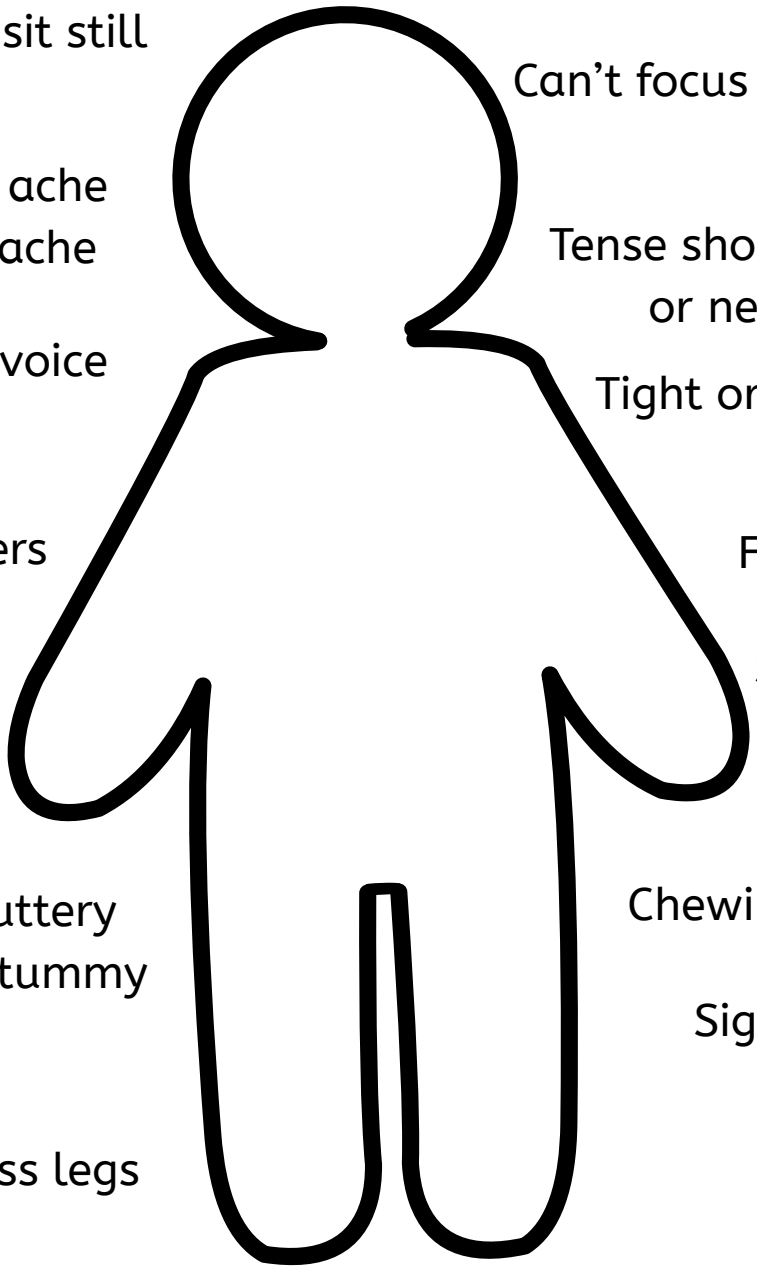
Restless legs

Feeling like something bad might happen

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Hard to sit still

Can't focus or concentrate

Stomach ache or headache

Tense shoulders or neck

Trembling voice

Tight or nervous feeling in chest

Fidgeting or picking at fingers

Fast heartbeat

Sweaty hands

Sick or fluttery feeling in tummy

Chewing lips or nails

Sighing a lot

Restless legs

Feeling like something bad might happen

Body Clues that I Feel

WORRIED

1. Think about what happens in your body when you feel worried.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

SCARED

Eyes wide open

Breathing quickly or holding breath

Dry mouth

Heart races

Goosebumps

Tummy feels tight or sore

Shaking hands or legs

Frozen or stuck in place

Feeling sick

Voice sounds squeaky, shaky or stuck

Sweaty hands or body

Jumpy or twitchy body

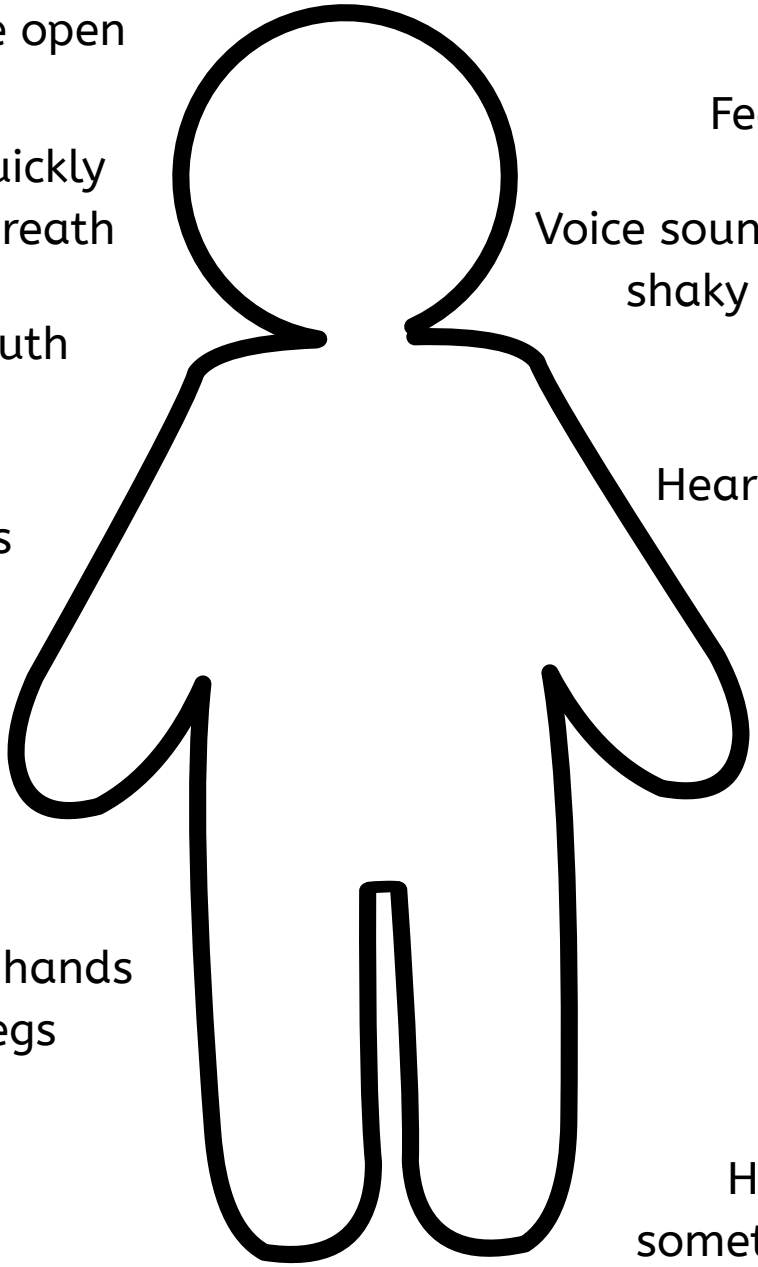
Hiding behind something or someone

Wanting to run away

Body Clues that I Feel

SCARED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel scared.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are scared – or add your own.



Eyes wide open

Feeling sick

Breathing quickly or holding breath

Voice sounds squeaky, shaky or stuck

Dry mouth

Heart races

Goosebumps

Sweaty hands or body

Tummy feels tight or sore

Jumpy or twitchy body

Shaking hands or legs

Hiding behind something or someone

Frozen or stuck in place

Wanting to run away

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____

Eyes wide open

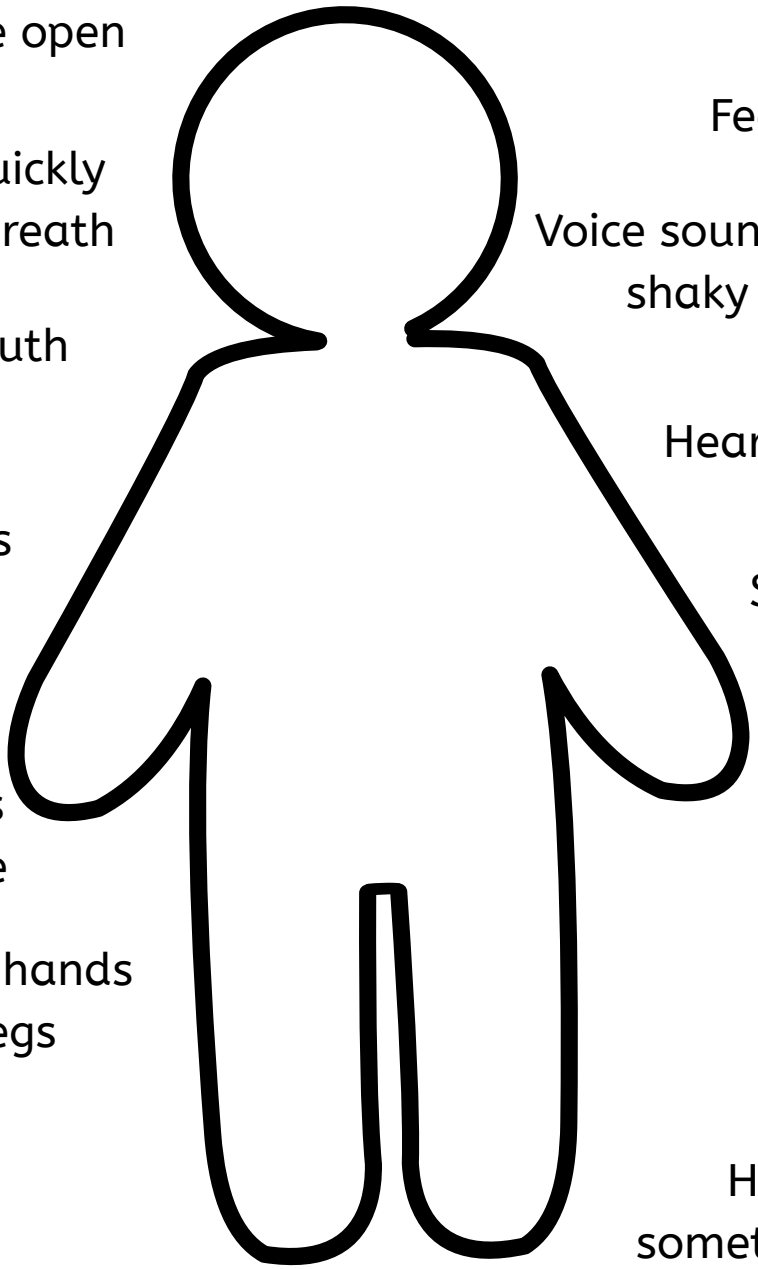
Breathing quickly or holding breath

Dry mouth

Goosebumps

Tummy feels tight or sore

Shaking hands or legs



Feeling sick

Voice sounds squeaky, shaky or stuck

Heart races

Sweaty hands or body

Jumpy or twitchy body

Hiding behind something or someone

Wanting to run away

Frozen or stuck in place

Body Clues that I Feel

SCARED

1. Think about what happens in your body when you feel scared.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

EXCITED

Smiling or laughing a lot

Full of energy

Arms waving around

Eyes wide and bright

Clapping hands

Talking very fast

Heart beating fast

Butterflies in tummy

Can't sit still

Wiggling body or legs

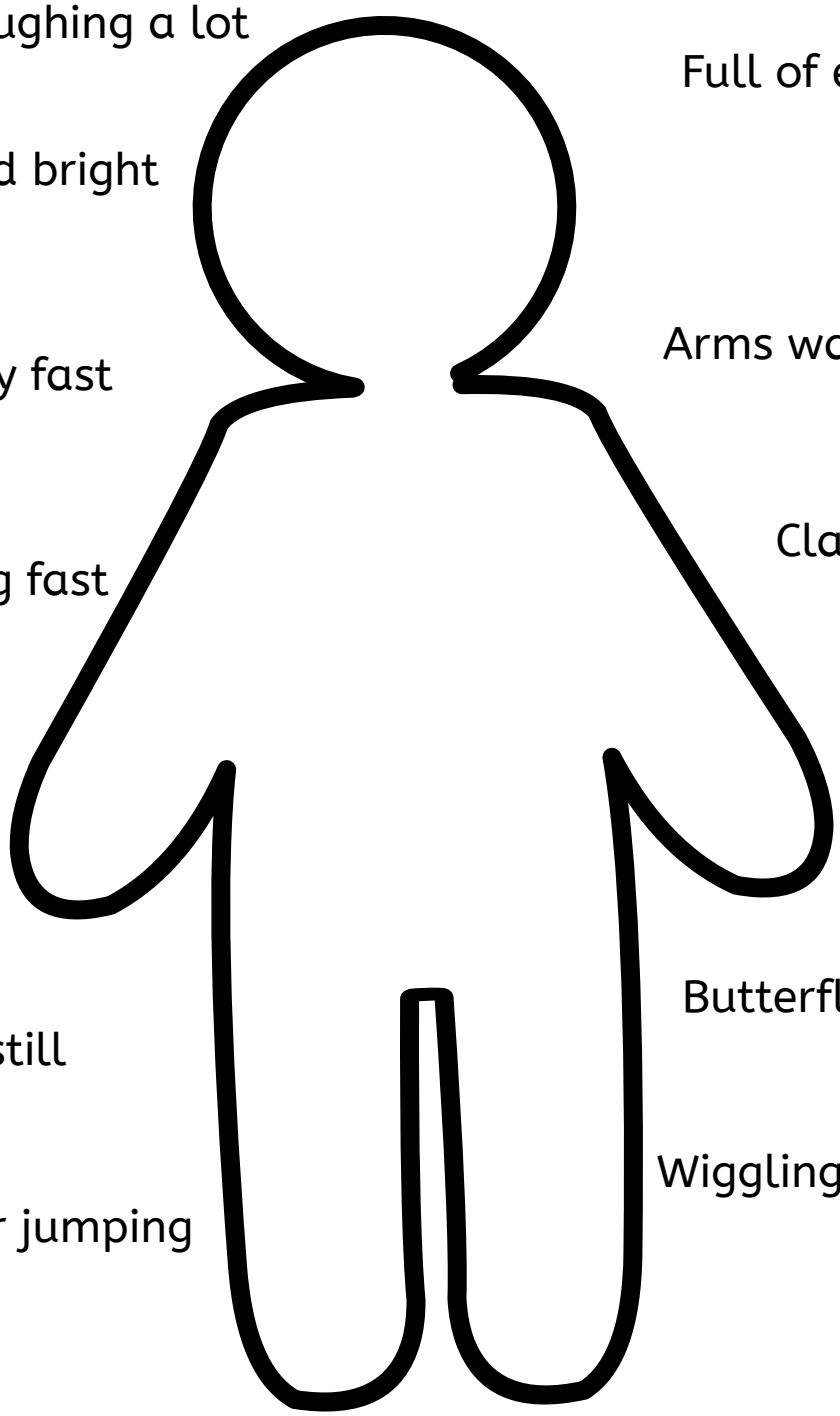
Bouncing or jumping

Feeling like shouting or squealing

Body Clues that I Feel

EXCITED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel excited.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are excited – or add your own.



Smiling or laughing a lot

Full of energy

Eyes wide and bright

Arms waving around

Talking very fast

Clapping hands

Heart beating fast

Butterflies in tummy

Can't sit still

Wiggling body or legs

Bouncing or jumping

Feeling like shouting or squealing

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____

Smiling or laughing a lot

Full of energy

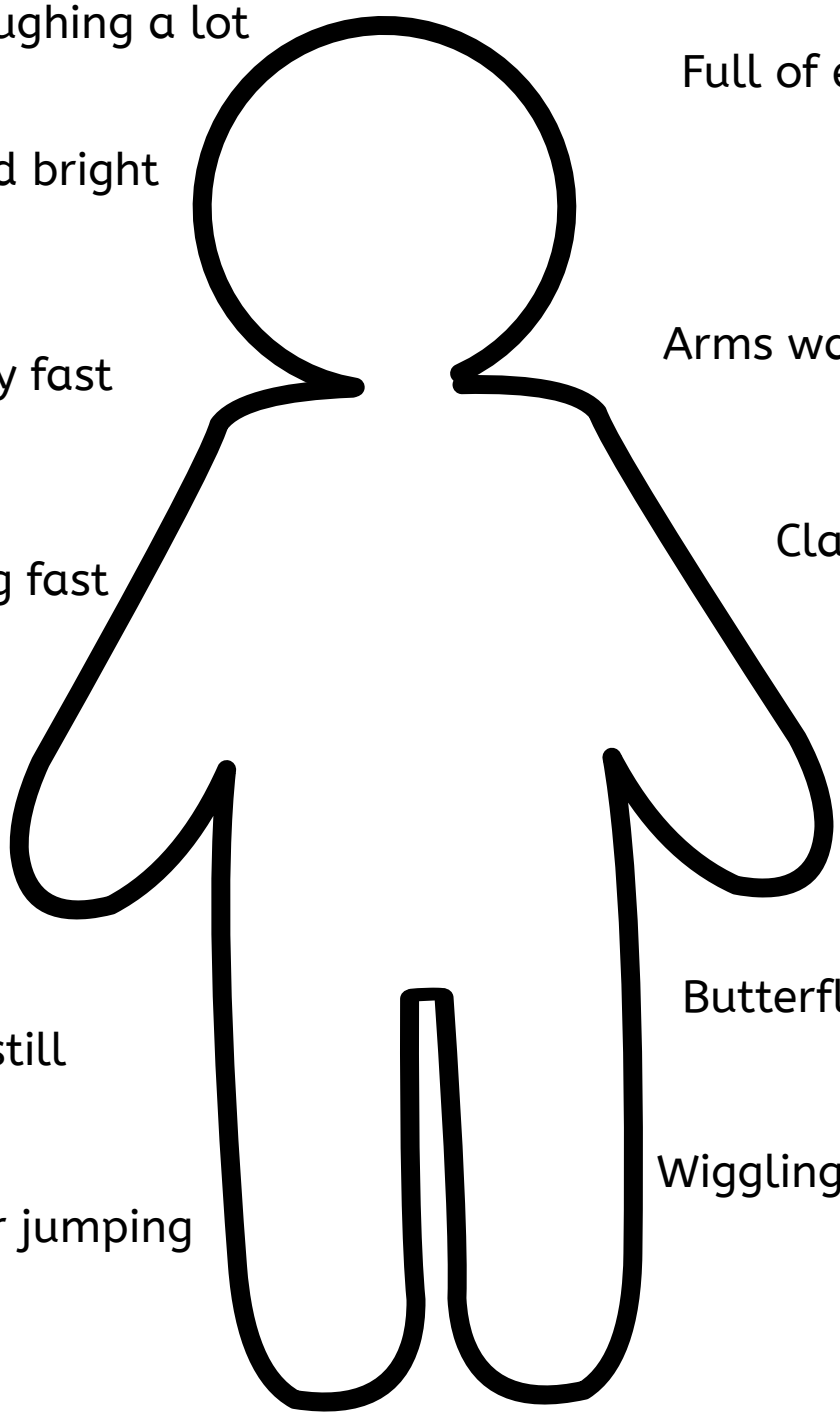
Eyes wide and bright

Talking very fast

Arms waving around

Clapping hands

Heart beating fast



Butterflies in tummy

Can't sit still

Wiggling body or legs

Bouncing or jumping

Feeling like shouting or squealing

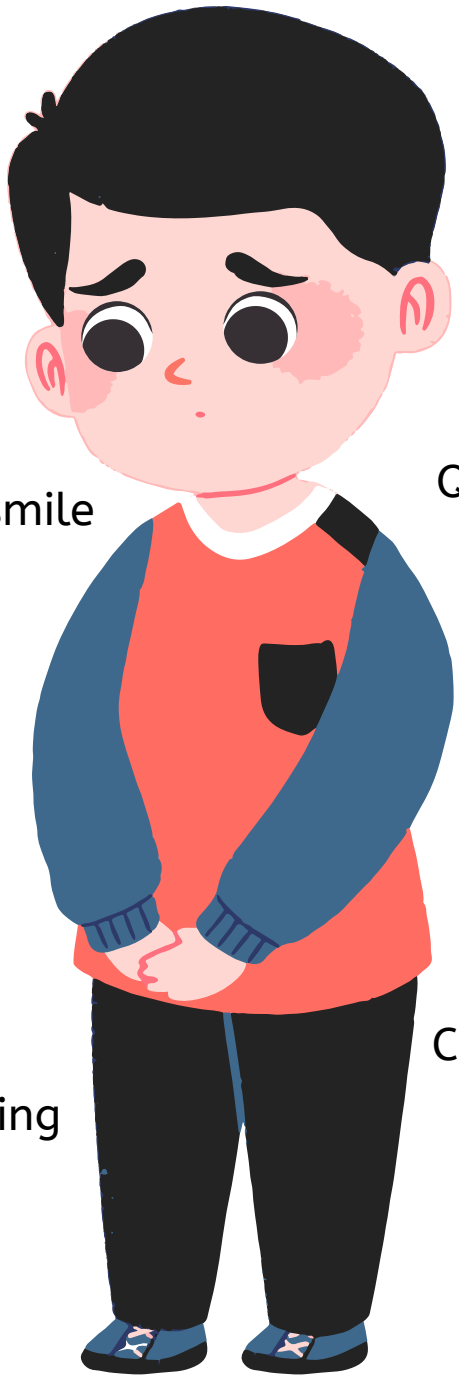
Body Clues that I Feel

EXCITED

1. Think about what happens in your body when you feel excited.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

EMBARRASSED



Looking down or away

Red or hot cheeks

Awkward laugh or smile

Hiding behind hands or clothes

Sweaty or warm feeling

Scratching head

Face turns away from others

Shaky voice

Quiet talking

Rubbing arms or neck

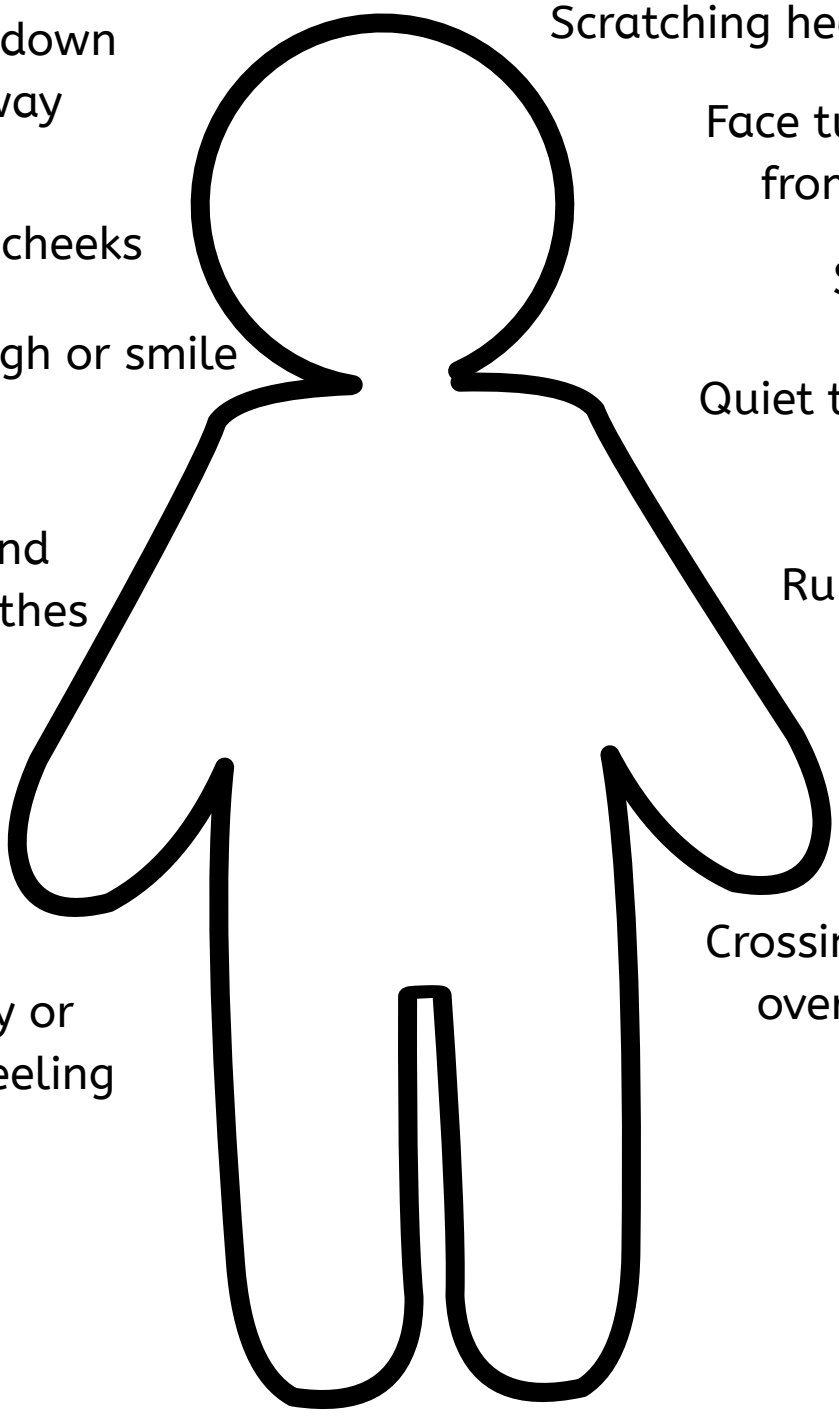
Crossing arms over body

Fidgeting or wriggling

Body Clues that I Feel

EMBARRASSED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel embarrassed.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are embarrassed – or add your own.



Looking down or away

Scratching head

Face turns away from others

Red or hot cheeks

Shaky voice

Awkward laugh or smile

Quiet talking

Hiding behind hands or clothes

Rubbing arms or neck

Crossing arms over body

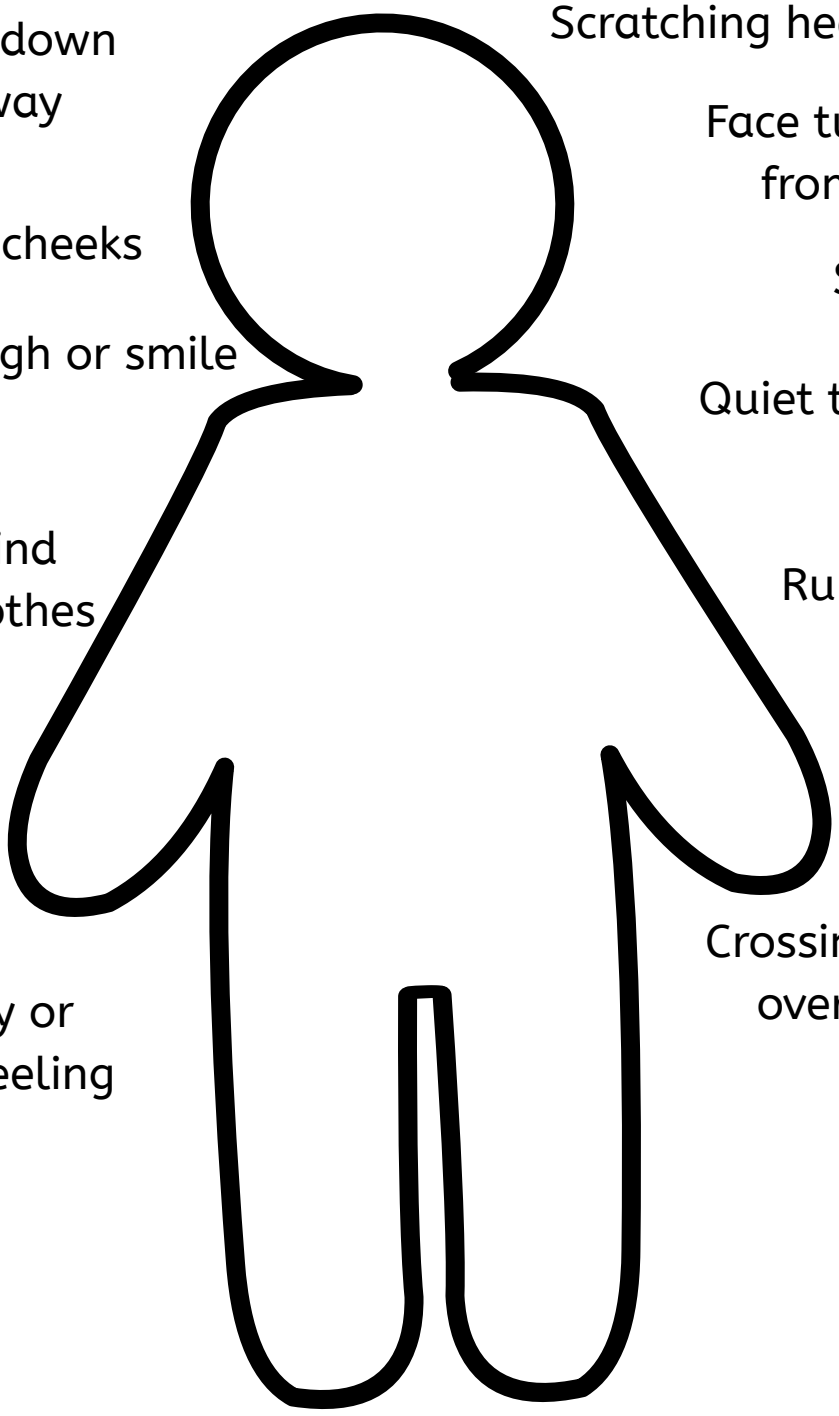
Sweaty or warm feeling

Fidgeting or wriggling

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Looking down or away

Scratching head

Face turns away from others

Red or hot cheeks

Shaky voice

Awkward laugh or smile

Quiet talking

Hiding behind hands or clothes

Rubbing arms or neck

Crossing arms over body

Sweaty or warm feeling

Fidgeting or wriggling

Body Clues that I Feel

EMBARRASSED

1. Think about what happens in your body when you feel embarrassed.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

TIRED

Hard to listen or concentrate

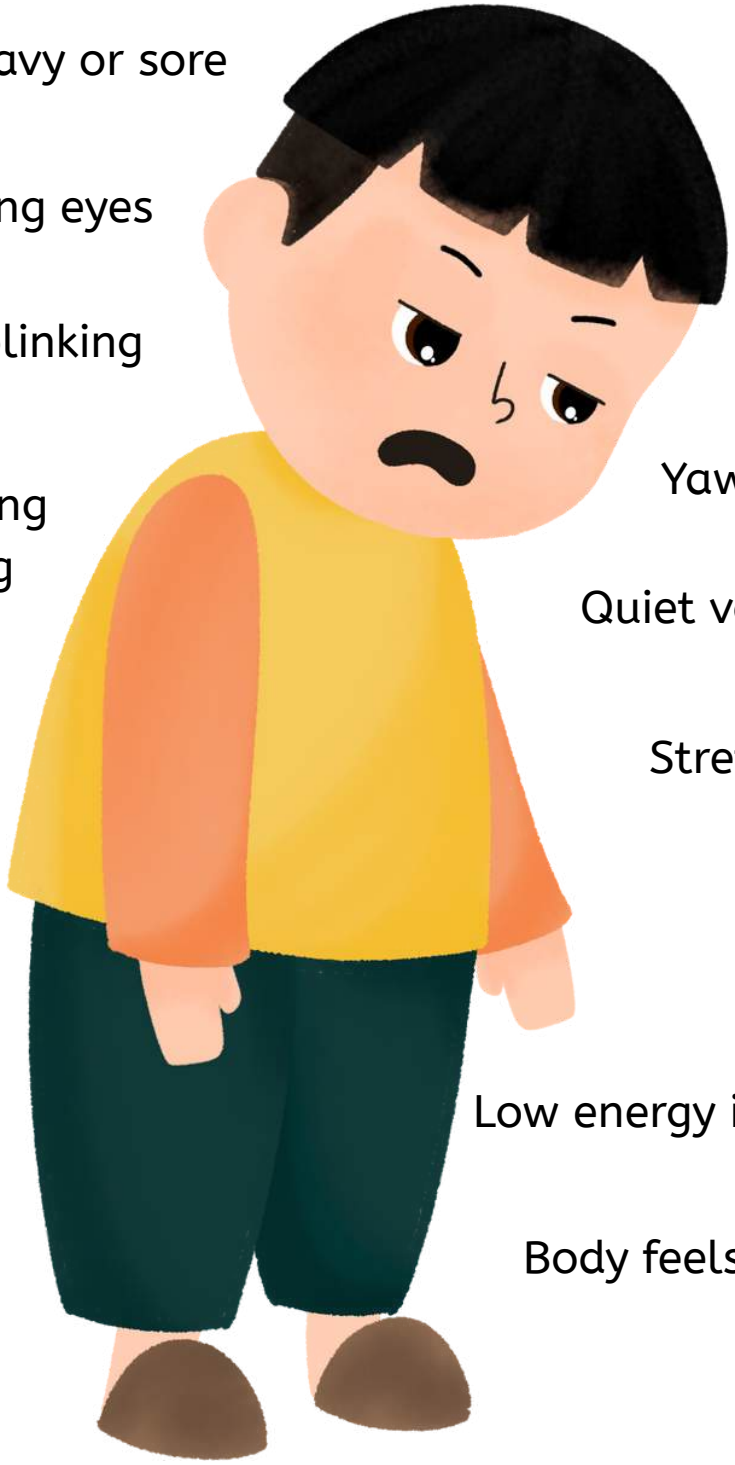
Eyes feel heavy or sore

Rubbing eyes

Slow blinking

Head nodding or leaning

Slouching or lying down



Droopy eyelids

Yawning often

Quiet voice

Stretching or sighing

Low energy in arms and legs

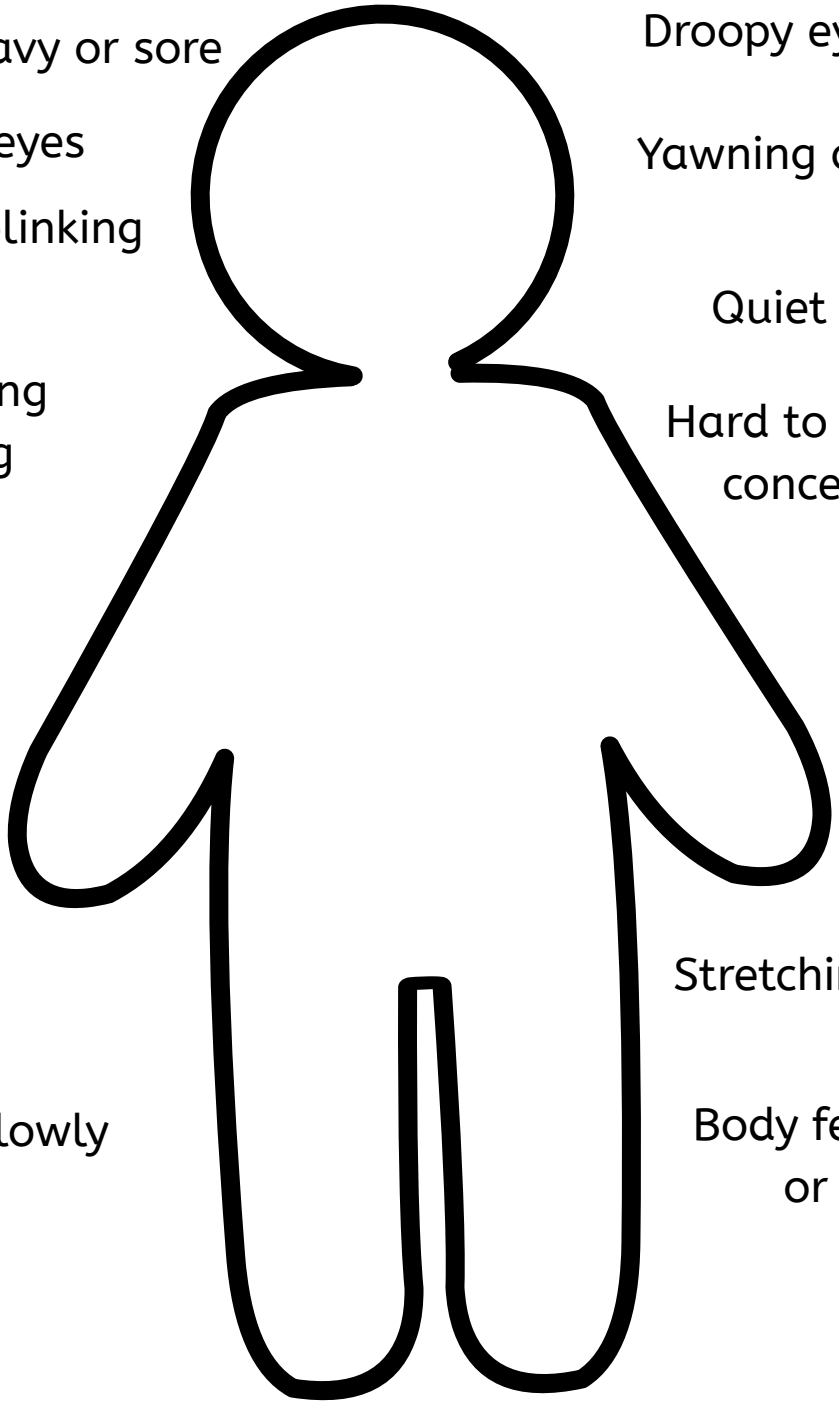
Body feels heavy or floppy

Moving slowly

Body Clues that I Feel

TIRED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel tired.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are tired – or add your own.



Eyes feel heavy or sore

Droopy eyelids

Rubbing eyes

Yawning often

Slow blinking

Quiet voice

Head nodding or leaning

Hard to listen or concentrate

Slouching or lying down

Stretching or sighing

Moving slowly

Body feels heavy or floppy

Low energy in arms and legs

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____

Hard to listen or concentrate

Eyes feel heavy or sore

Rubbing eyes

Droopy eyelids

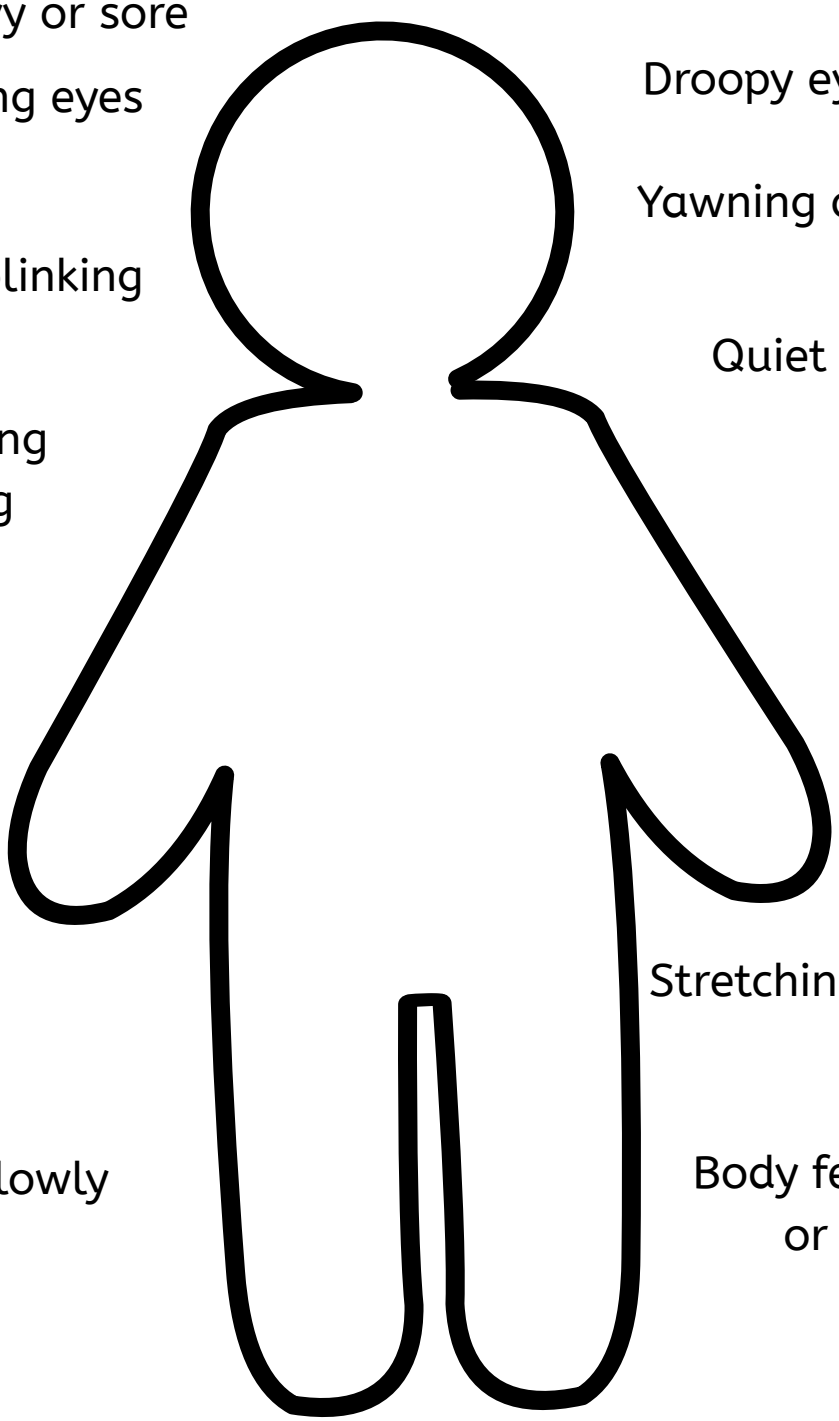
Yawning often

Slow blinking

Quiet voice

Head nodding
or leaning

Slouching or
lying down



Stretching or sighing

Moving slowly

Body feels heavy
or floppy

Low energy in arms and legs

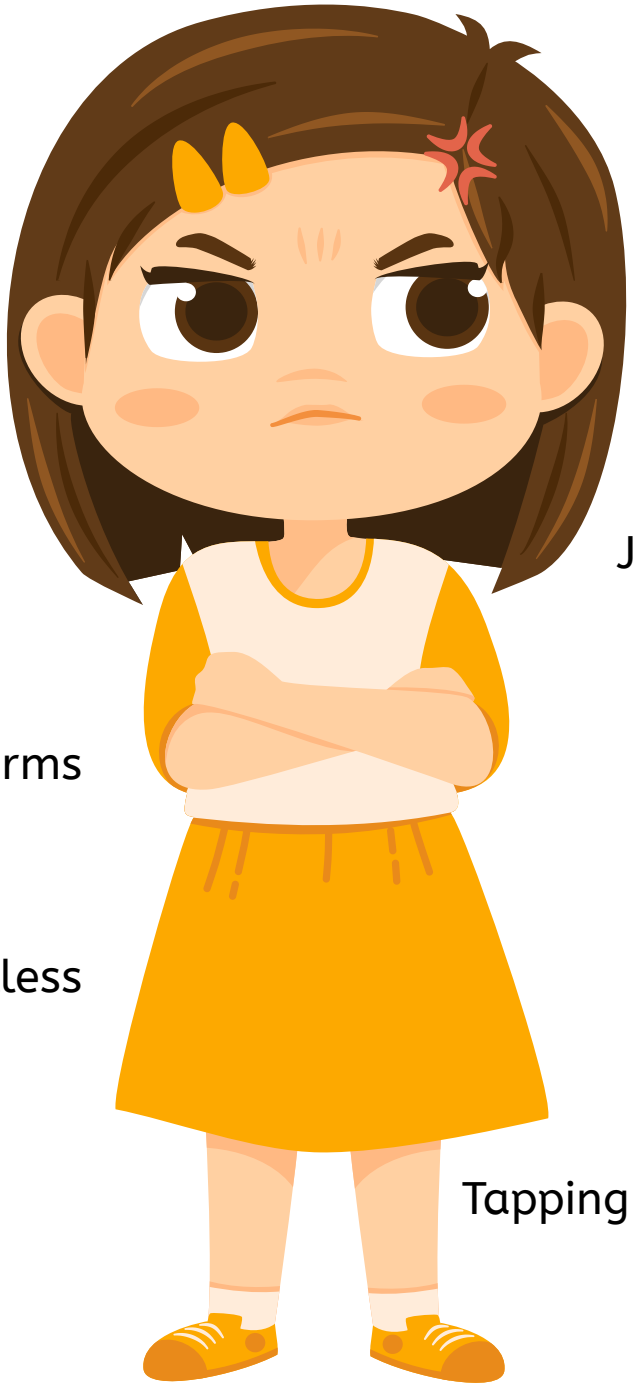
Body Clues that I Feel

TIRED

1. Think about what happens in your body when you feel tired.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

FRUSTRATED



Face looks tense

Rolling eyes

Frown or scowl

Big sighs

Gritting teeth

Loud voice or groaning

Jaw feels stiff

Crossing arms

Feeling hot or restless

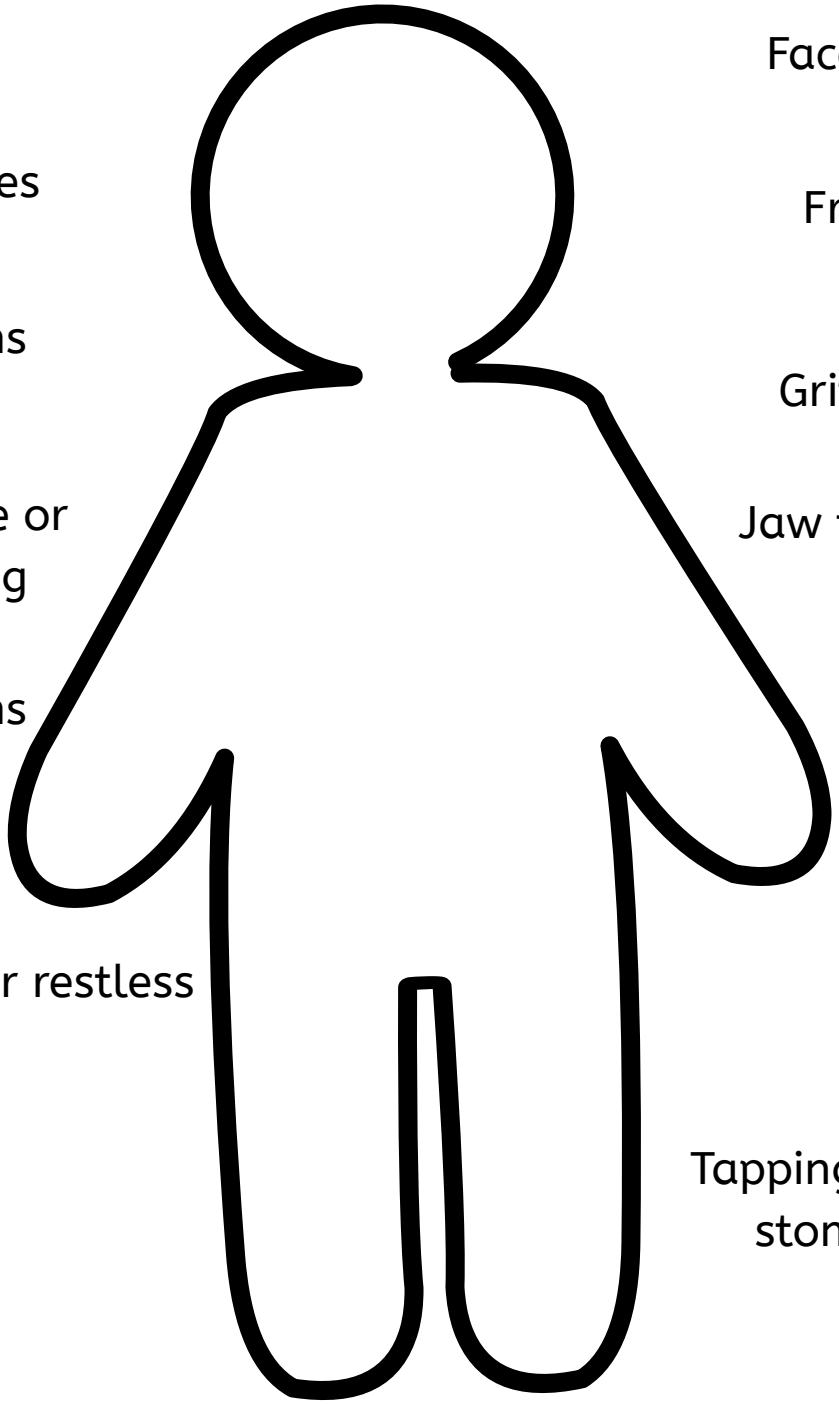
Tapping foot or stomping

Banging or slapping things

Body Clues that I Feel

FRUSTRATED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel frustrated.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are frustrated – or add your own.



Face looks tense

Rolling eyes

Frown or scowl

Big sighs

Gritting teeth

Loud voice or groaning

Jaw feels stiff

Crossing arms

Feeling hot or restless

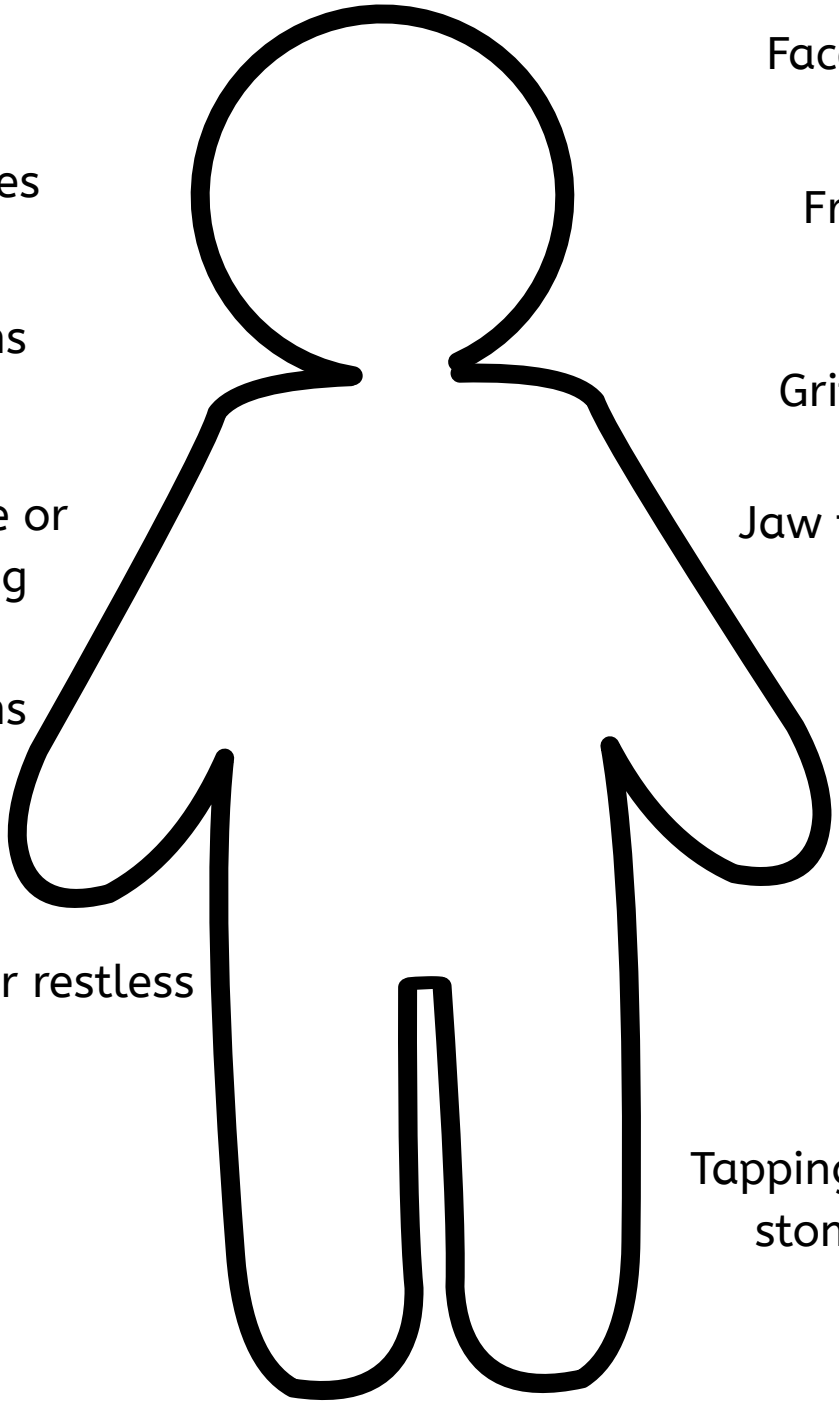
Tapping foot or stomping

Banging or slapping things

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Face looks tense

Rolling eyes

Frown or scowl

Big sighs

Gritting teeth

Loud voice or groaning

Jaw feels stiff

Crossing arms

Feeling hot or restless

Tapping foot or stomping

Banging or slapping things

Body Clues that I Feel

FRUSTRATED

1. Think about what happens in your body when you feel frustrated.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

BORED

Playing with hair or objects

Staring into space

Yawning

Long sighs

Blinking slowly

Voice sounds dull or quiet

Slouched body

Resting head in hands

Drumming fingers

Tapping or fidgeting

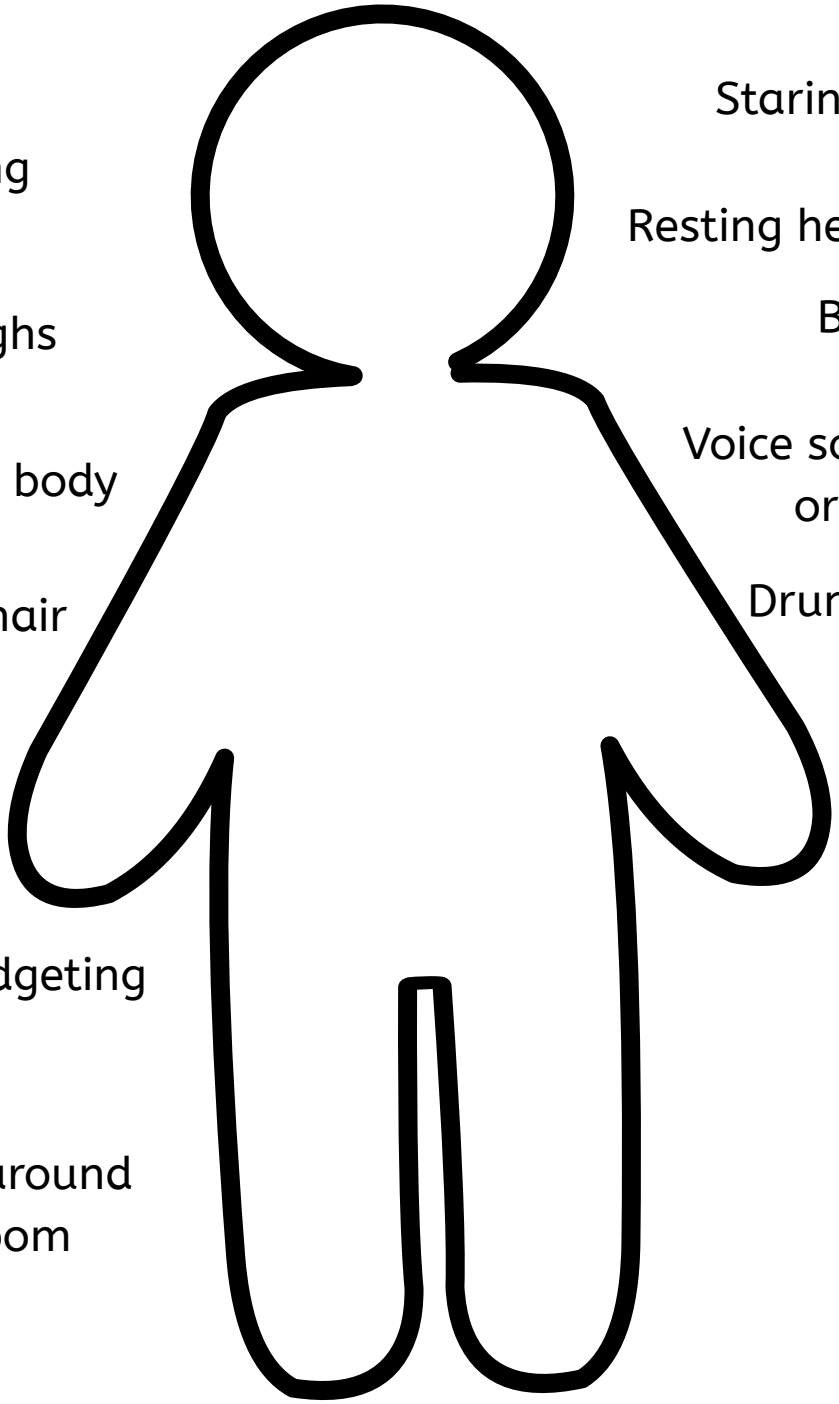
Low energy

Looking around the room

Body Clues that I Feel

BORED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel bored.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are bored– or add your own.



Staring into space

Yawning

Resting head in hands

Blinking slowly

Long sighs

Voice sounds dull or quiet

Slouched body

Drumming fingers

Playing with hair or objects

Low energy

Tapping or fidgeting

Looking around the room

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____

Playing with hair or objects

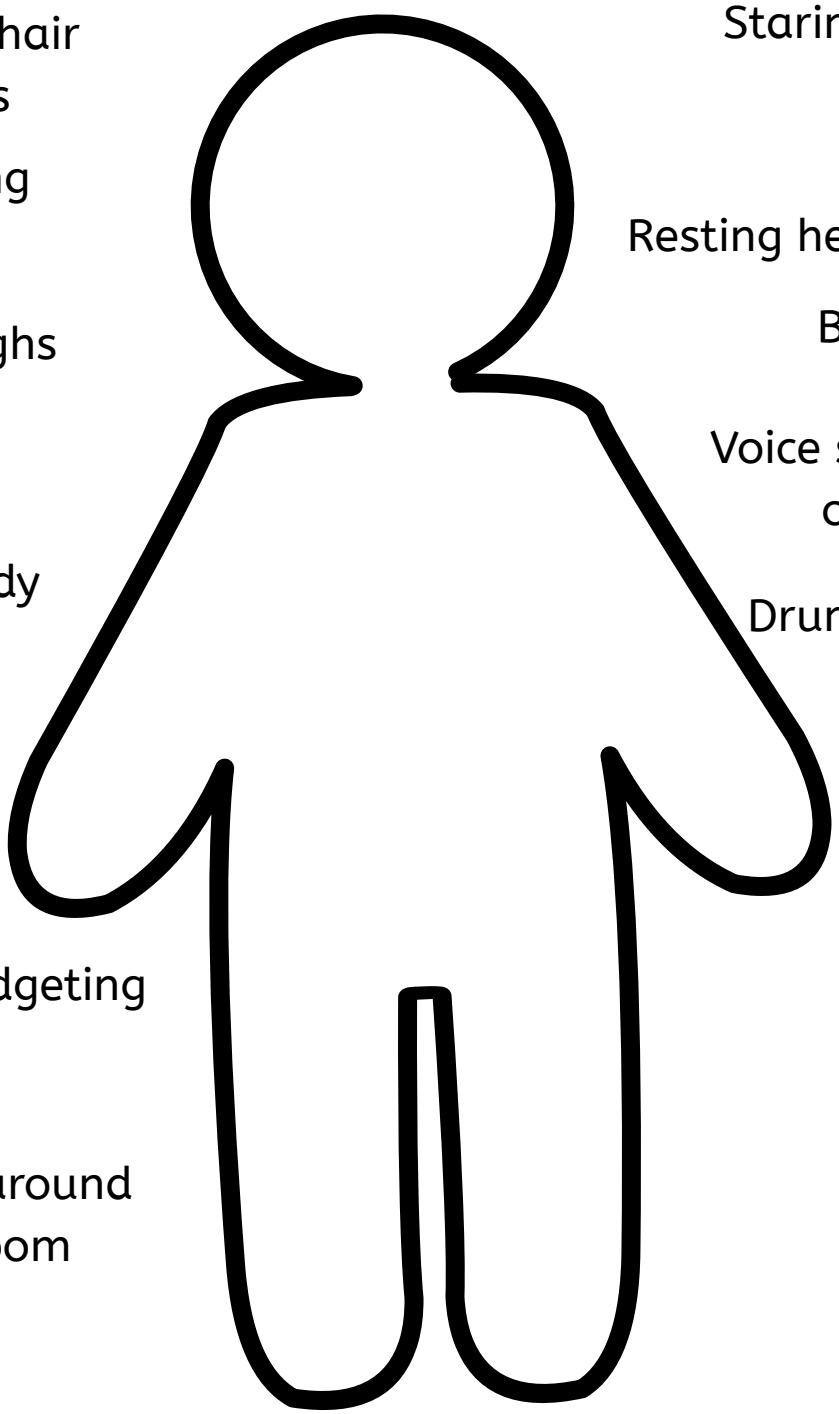
Yawning

Long sighs

Slouched body

Tapping or fidgeting

Looking around the room



Staring into space

Resting head in hands

Blinking slowly

Voice sounds dull or quiet

Drumming fingers

Low energy

Body Clues that I Feel

BORED

1. Think about what happens in your body when you feel bored.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

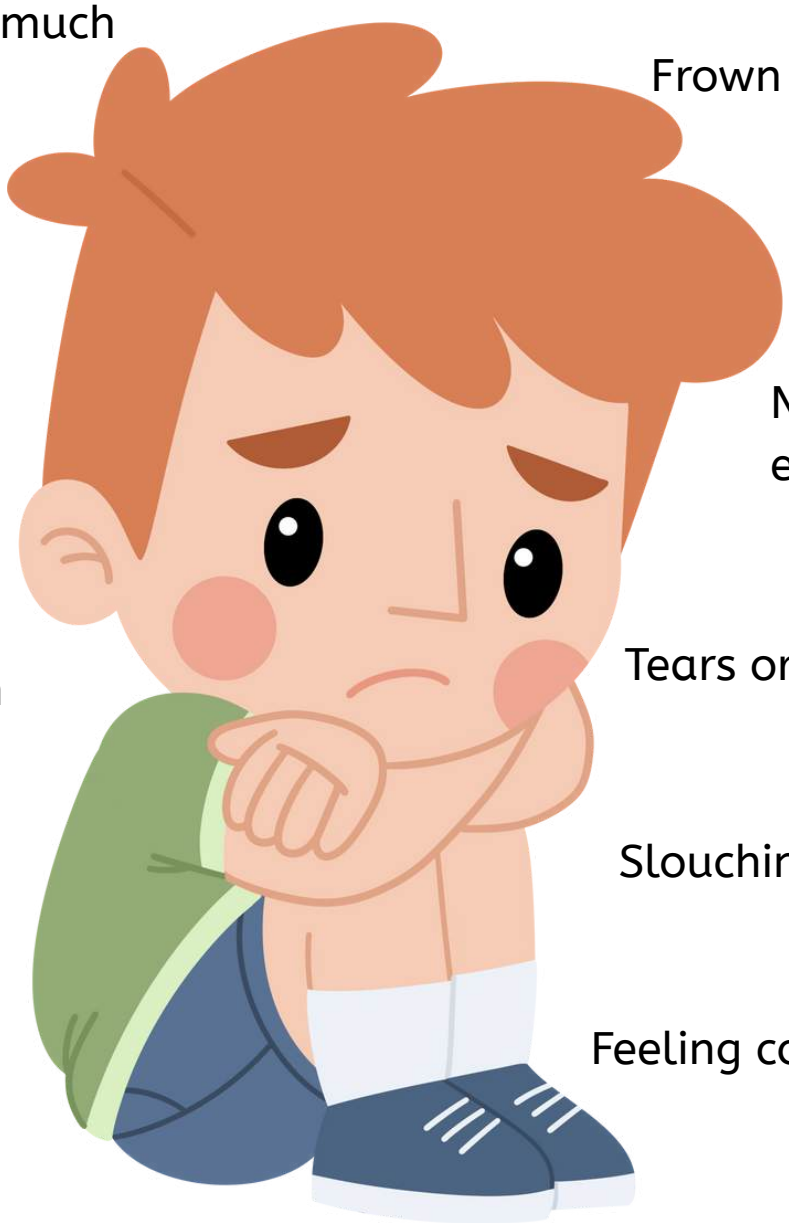
Body Clues that I Feel

LONELY

Not joining in

Not speaking much

Frown or blank face



Not making eye contact

Quiet voice

Tears or watery eyes

Looking down

Slouching body

Sitting away from others

Feeling cold inside

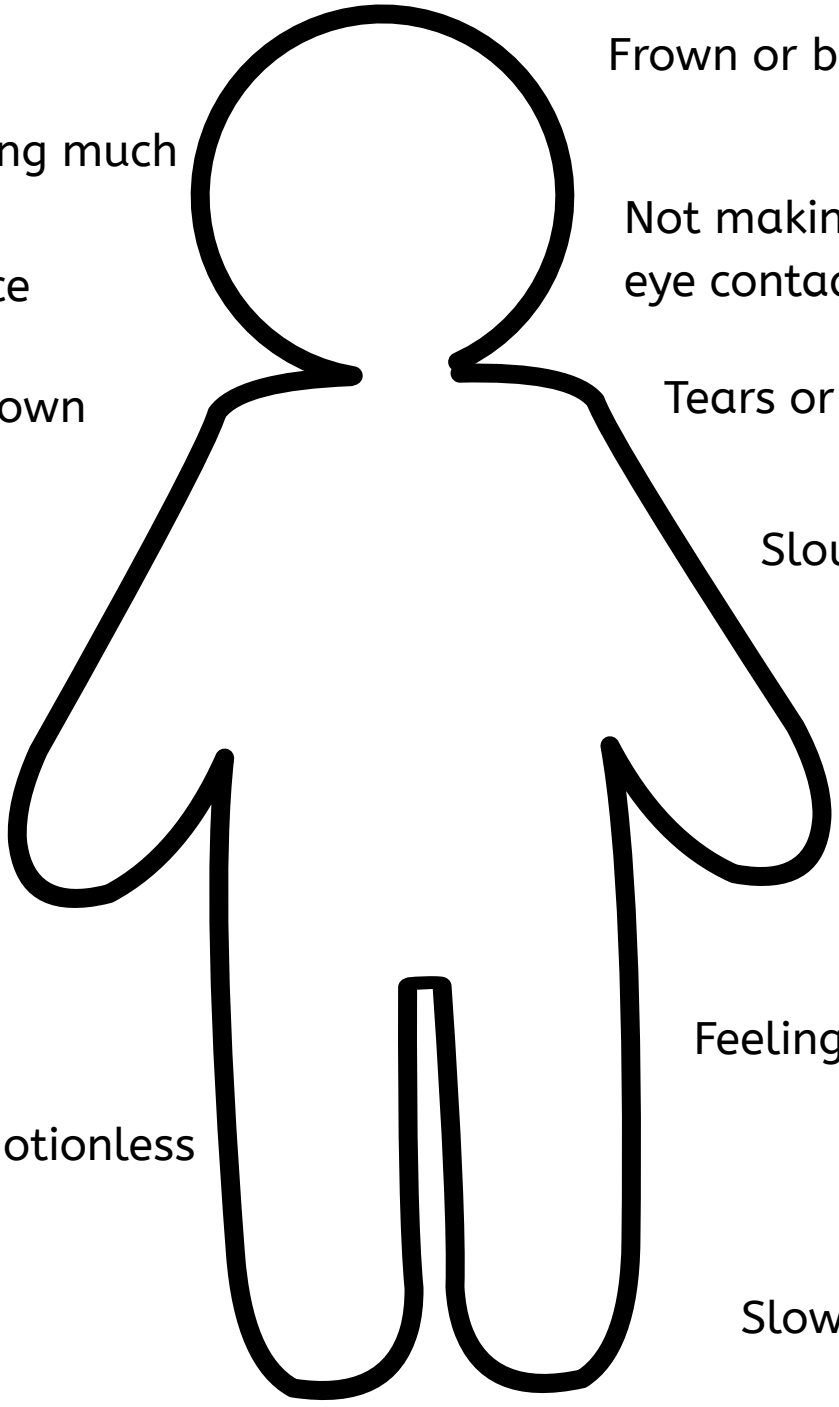
Body still or motionless

Slow walking

Body Clues that I Feel

LONELY

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel lonely.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are lonely – or add your own.



Frown or blank face

Not speaking much

Not making eye contact

Quiet voice

Looking down

Tears or watery eyes

Slouching body

Sitting away from others

Feeling cold inside

Body still or motionless

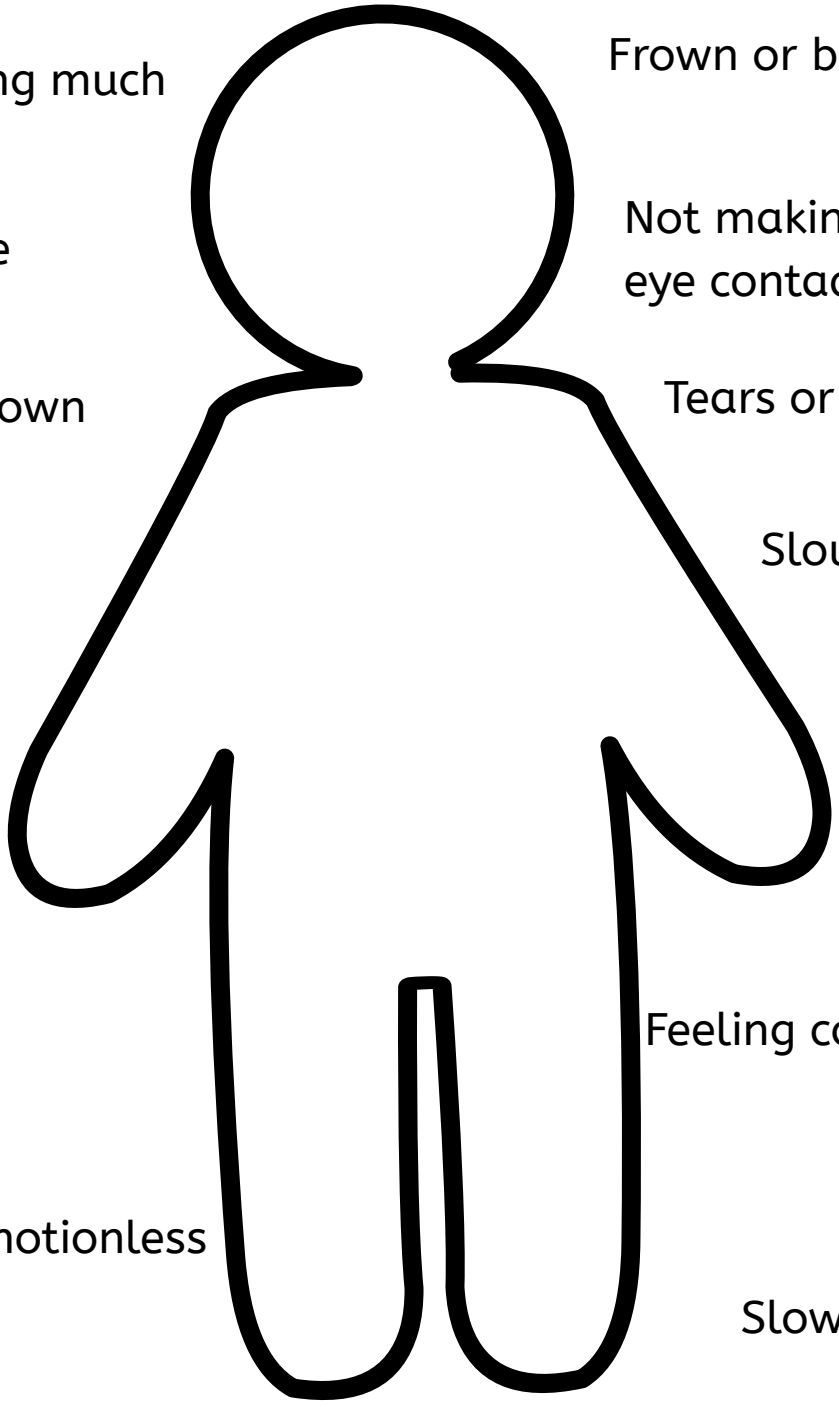
Slow walking

Not joining in

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Not speaking much

Frown or blank face

Quiet voice

Not making eye contact

Looking down

Tears or watery eyes

Slouching body

Sitting away from others

Feeling cold inside

Body still or motionless

Slow walking

Not joining in

Body Clues that I Feel

LONELY

1. Think about what happens in your body when you feel lonely.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

JEALOUS

Voice sounds sharp or quiet

Frowning

Not talking

Face turning red

Shaky or tense body

Quick breathing

Tight feeling in chest

Crossed arms

Upset tummy

Clenched hands

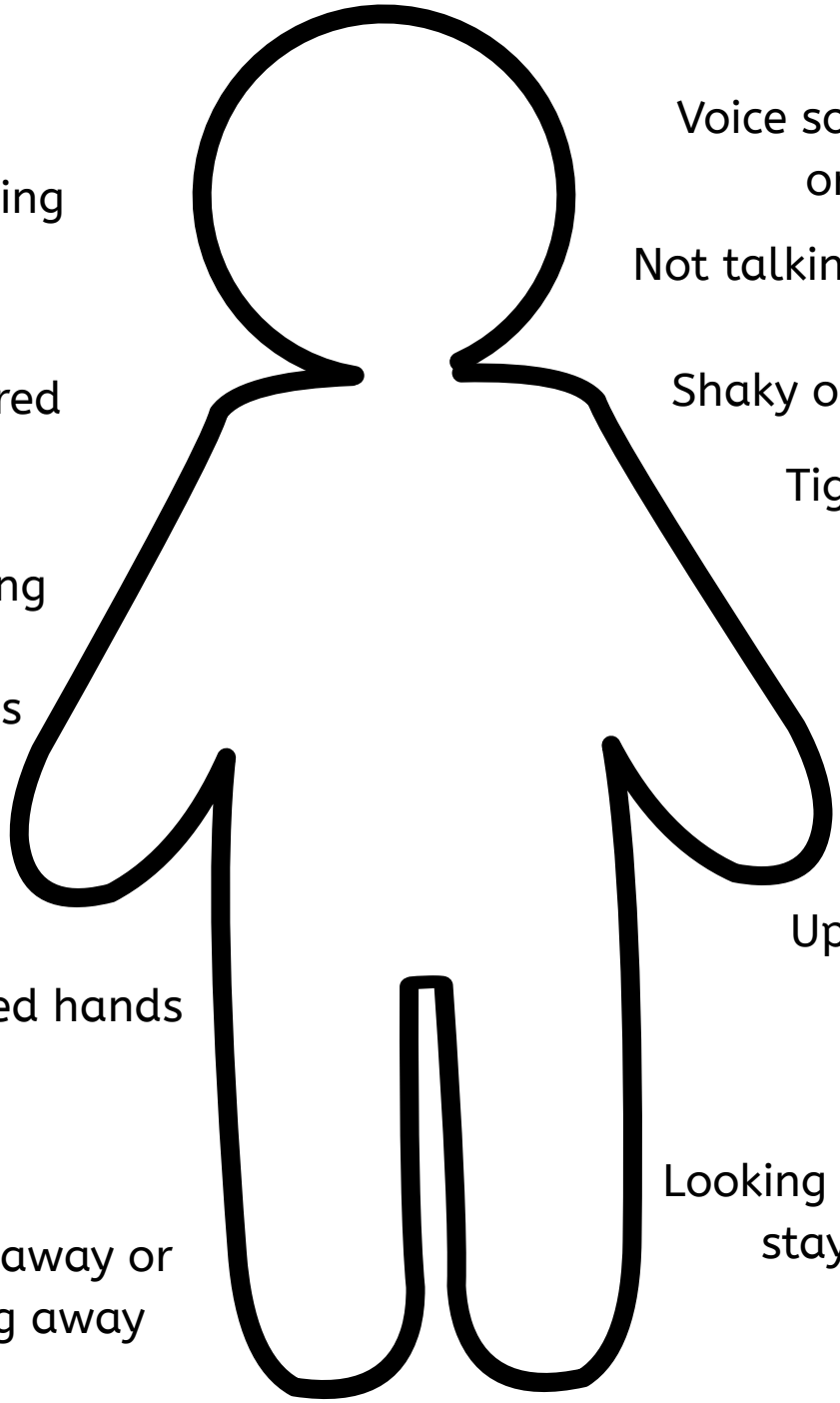
Looking at others but staying quiet

Looking away or turning away

Body Clues that I Feel

JEALOUS

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel jealous.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are jealous – or add your own.



Frowning

Voice sounds sharp or quiet

Not talking

Face turning red

Shaky or tense body

Tight feeling in chest

Quick breathing

Crossed arms

Upset tummy

Clenched hands

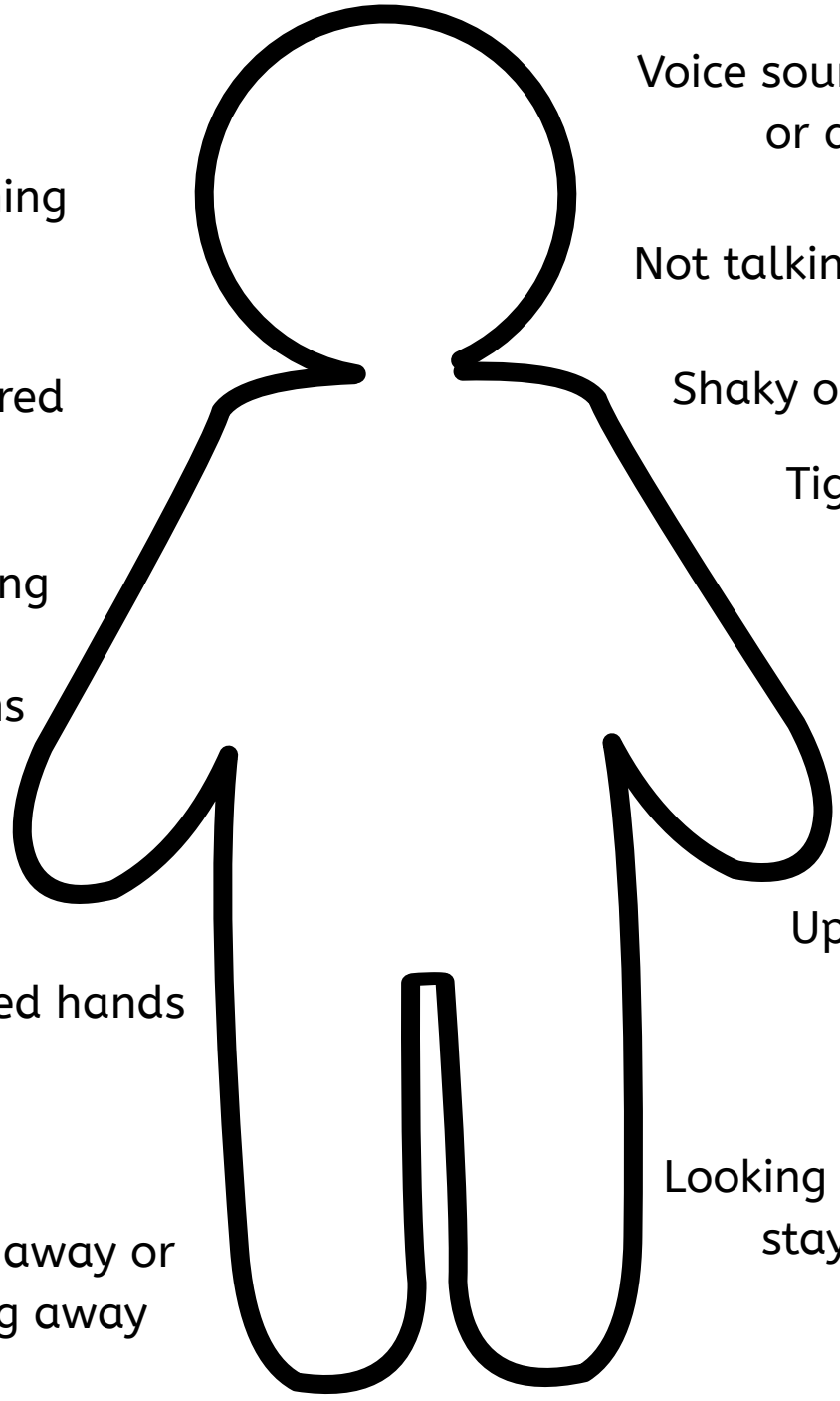
Looking at others but staying quiet

Looking away or turning away

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Voice sounds sharp or quiet

Frowning

Not talking

Face turning red

Shaky or tense body

Tight feeling in chest

Quick breathing

Crossed arms

Upset tummy

Clenched hands

Looking at others but staying quiet

Looking away or turning away

Body Clues that I Feel

JEALOUS

1. Think about what happens in your body when you feel jealous.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

PROUD

Looking at others

Bright eyes

Smiling

Shoulders back

Standing tall

Relaxed hands

Energetic movements

Warm feeling in chest

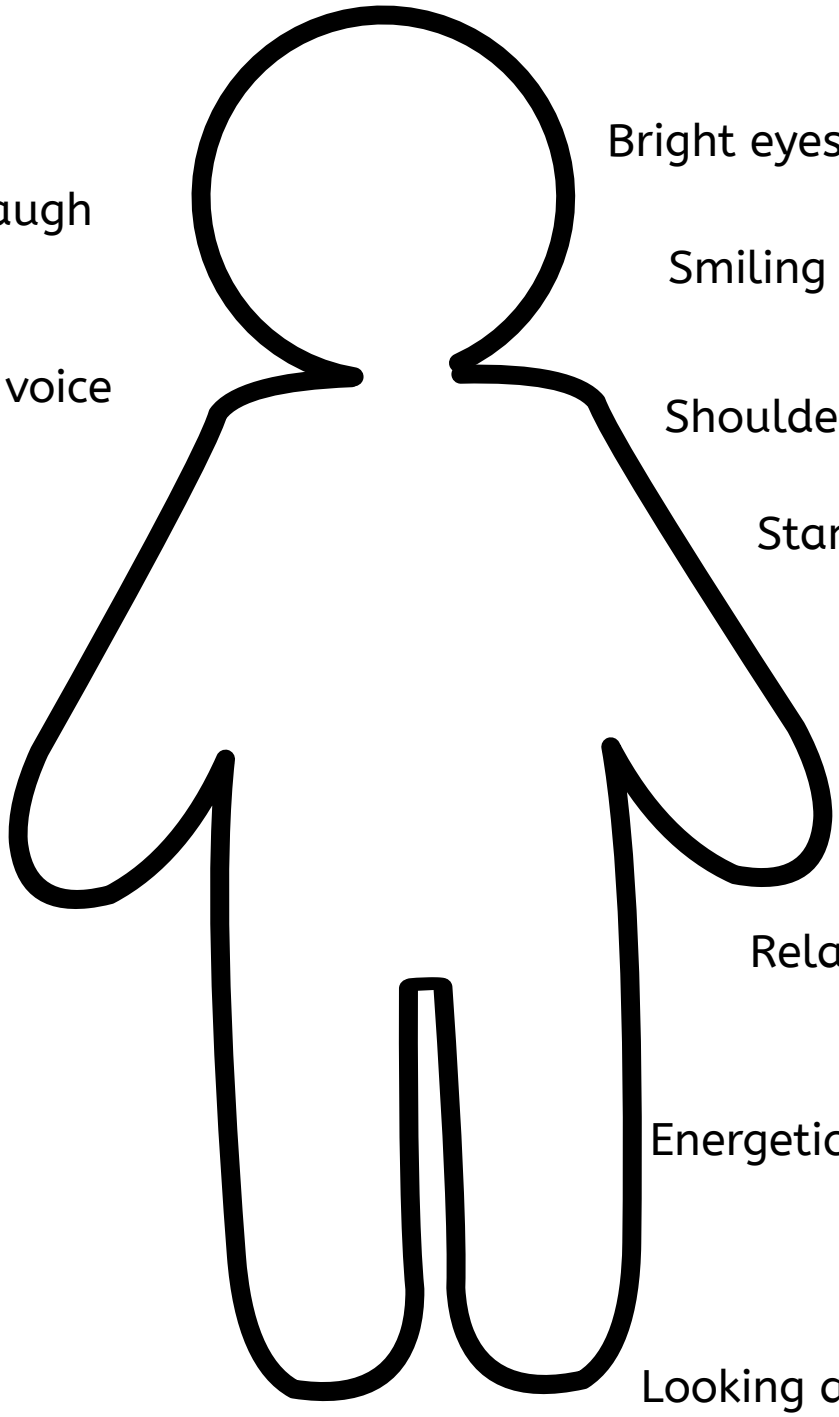
Confident voice

Happy laugh

Body Clues that I Feel

PROUD

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel proud.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are proud – or add your own.



Bright eyes

Happy laugh

Smiling

Confident voice

Shoulders back

Standing tall

Warm feeling in chest

Relaxed hands

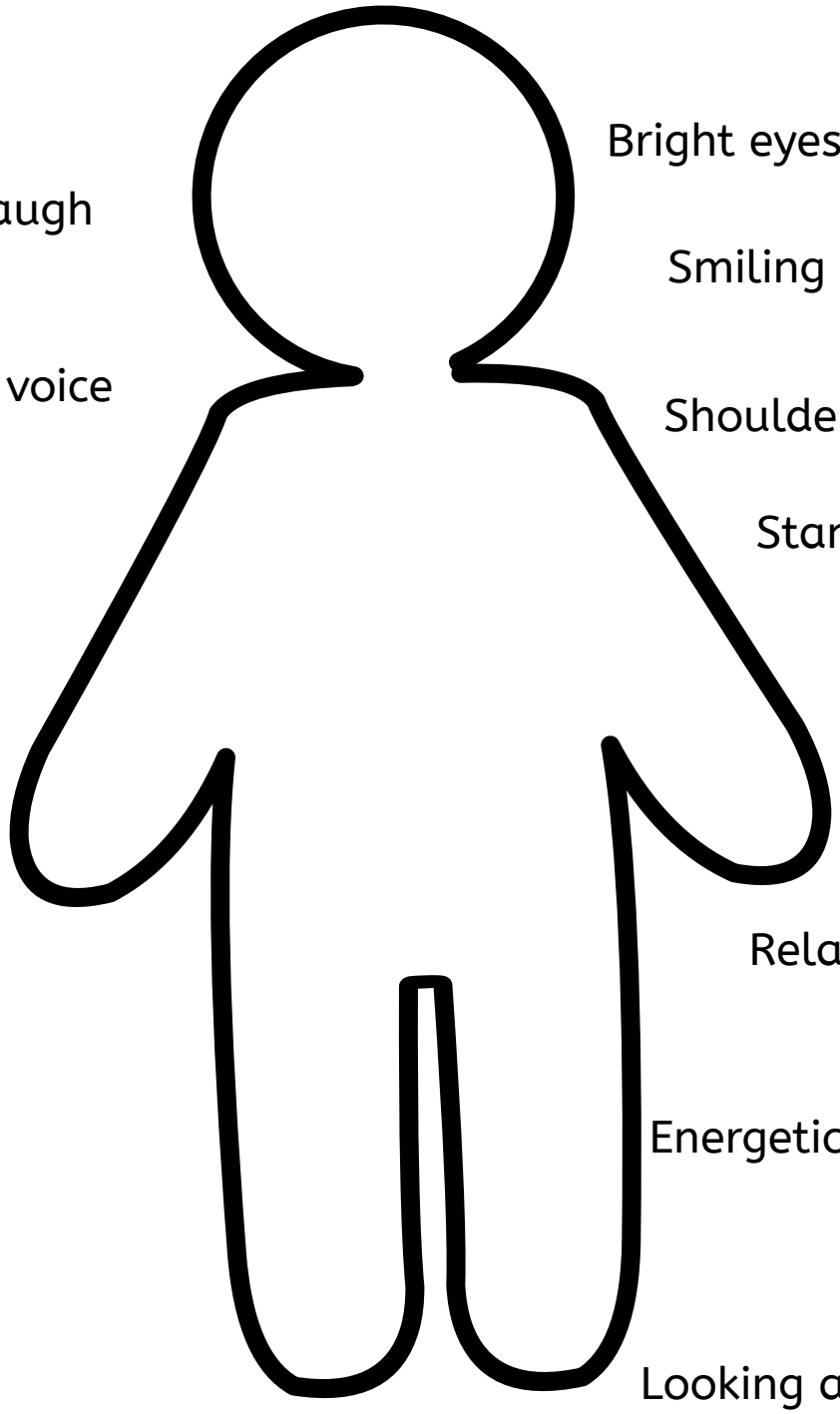
Energetic movements

Looking at others

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Body Clues that I Feel

PROUD

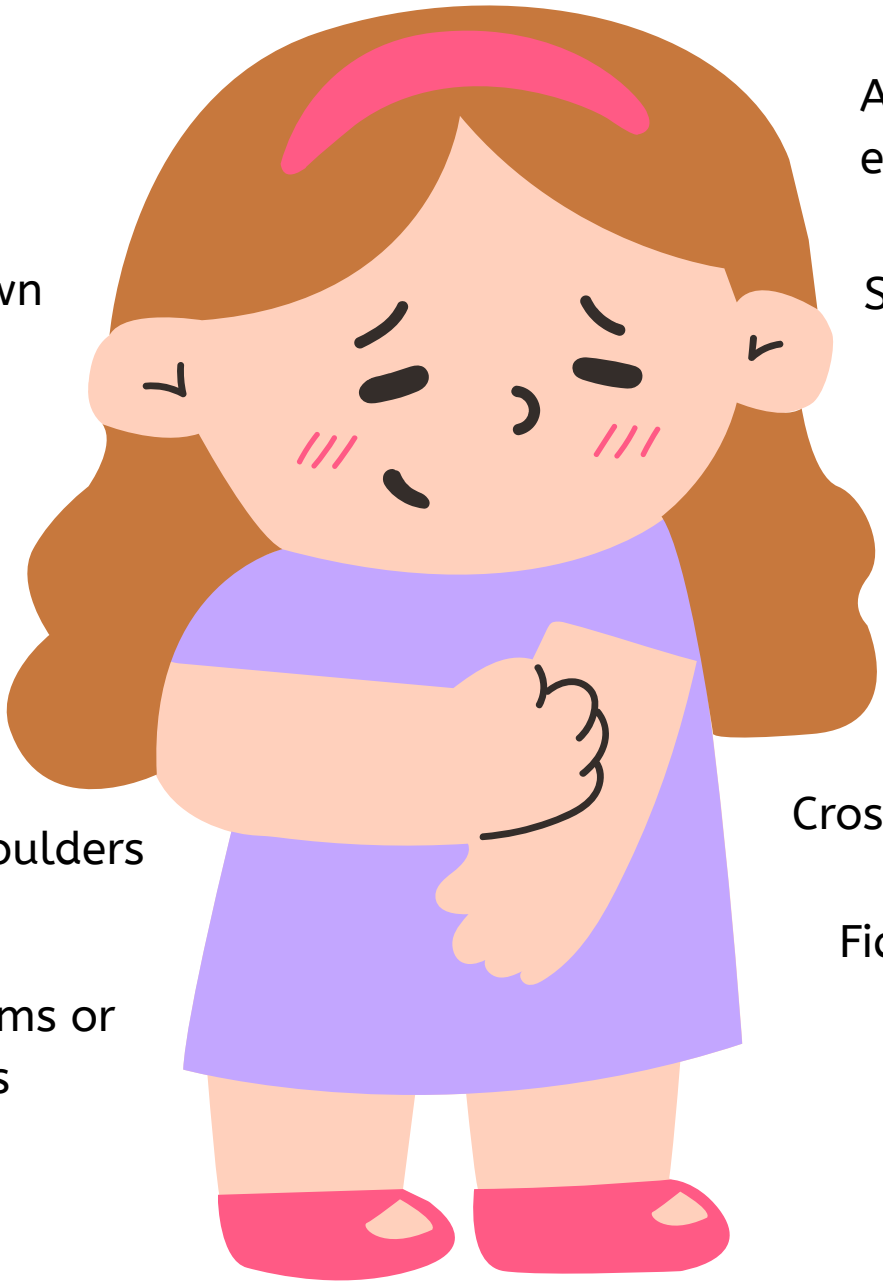
1. Think about what happens in your body when you feel proud.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

SHY

Standing still or frozen

Speaking very softly



Avoiding eye contact

Looking down

Smiling

Quiet voice

Blushing

Hunched shoulders

Crossing arms

Fidgeting

Rubbing arms or hands

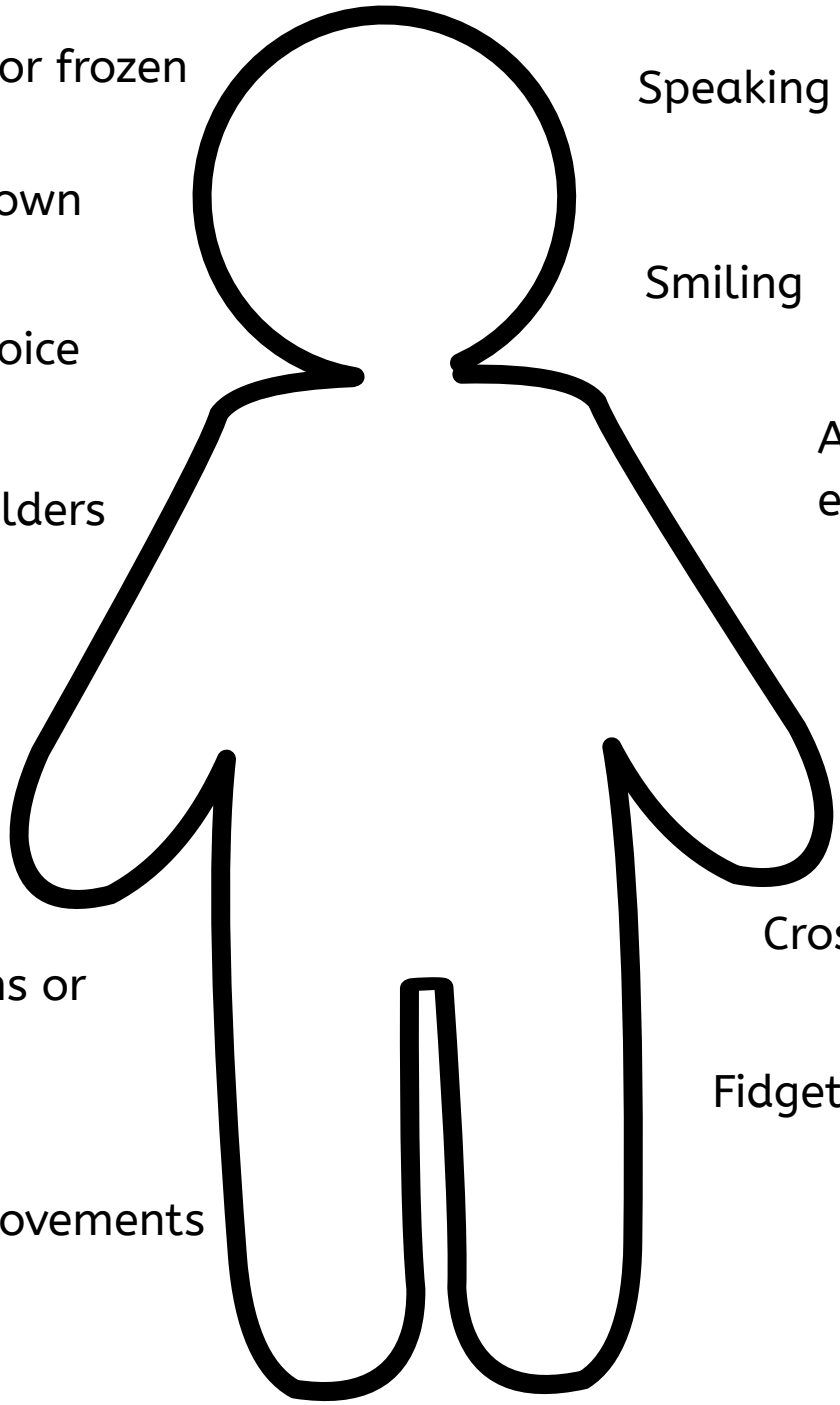
Small movements

Hiding behind someone or something

Body Clues that I Feel

SHY

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel shy.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are shy – or add your own.



Standing still or frozen

Looking down

Quiet voice

Hunched shoulders

Speaking very softly

Smiling

Avoiding eye contact

Blushing

Crossing arms

Fidgeting

Rubbing arms or hands

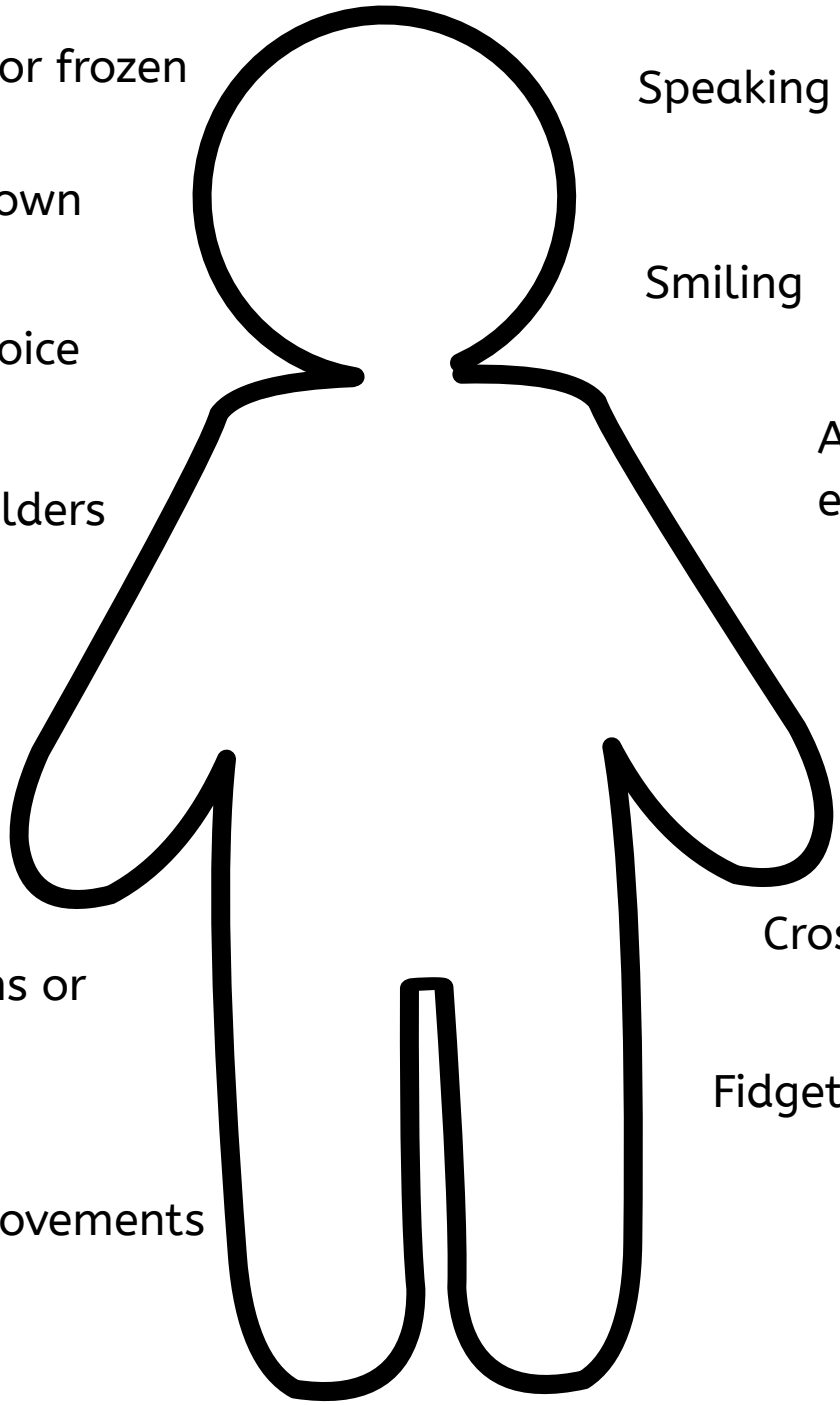
Small movements

Hiding behind someone or something

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Standing still or frozen

Looking down

Quiet voice

Hunched shoulders

Speaking very softly

Smiling

Avoiding eye contact

Blushing

Crossing arms

Fidgeting

Rubbing arms or hands

Small movements

Hiding behind someone or something

Body Clues that I Feel

SHY

1. Think about what happens in your body when you feel shy.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

DISAPPOINTED

Face turns down or blank

Looking away

Sighing

Quiet voice

Shoulders drop

Not wanting to talk

Head down

Frown

Low energy

Slow walk or
no movement

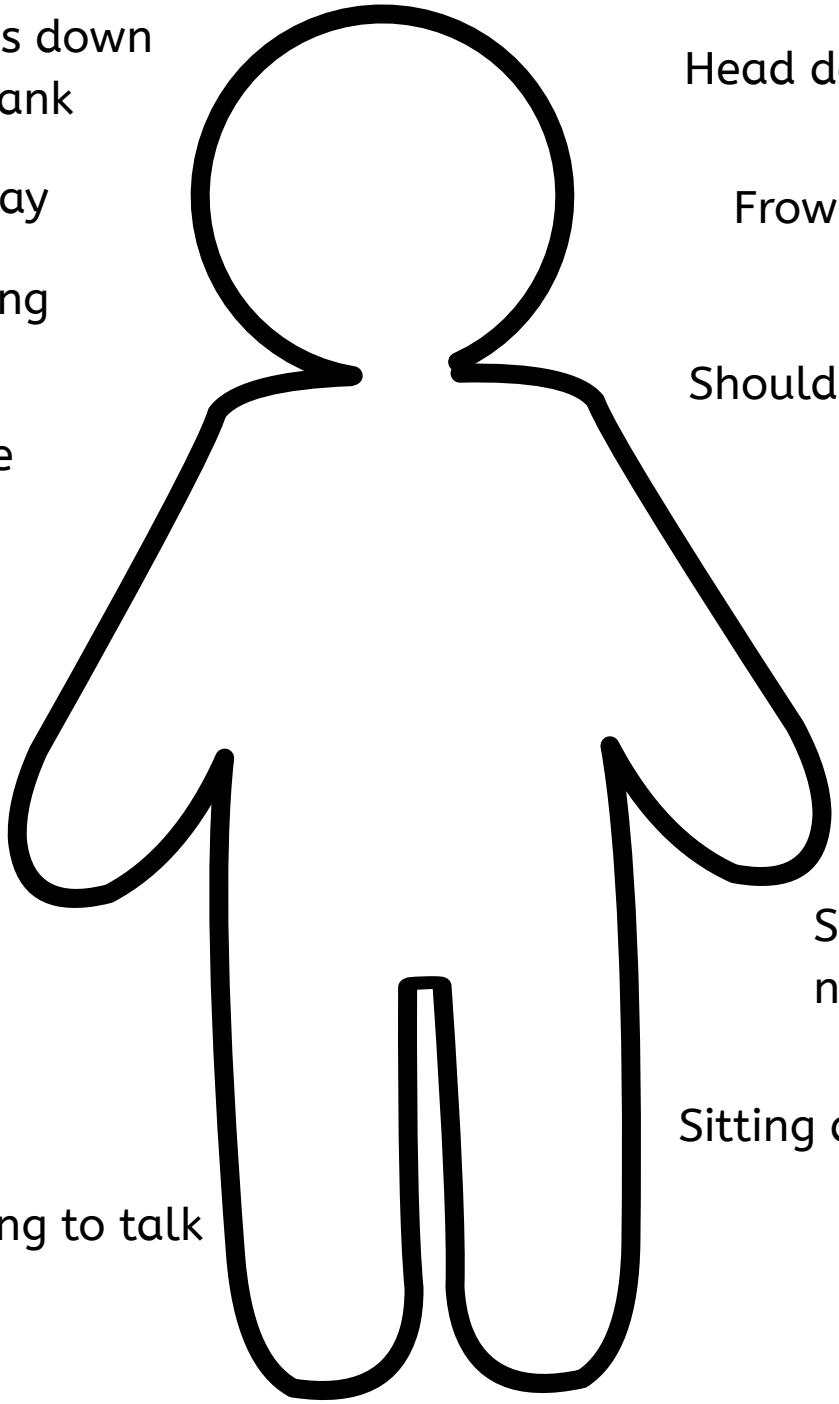
Sitting down quietly

Heavy feeling in chest or tummy

Body Clues that I Feel

DISAPPOINTED

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel disappointed.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are disappointed – or add your own.



Face turns down or blank

Looking away

Sighing

Quiet voice

Low energy

Not wanting to talk

Heavy feeling in chest or tummy

Head down

Frown

Shoulders drop

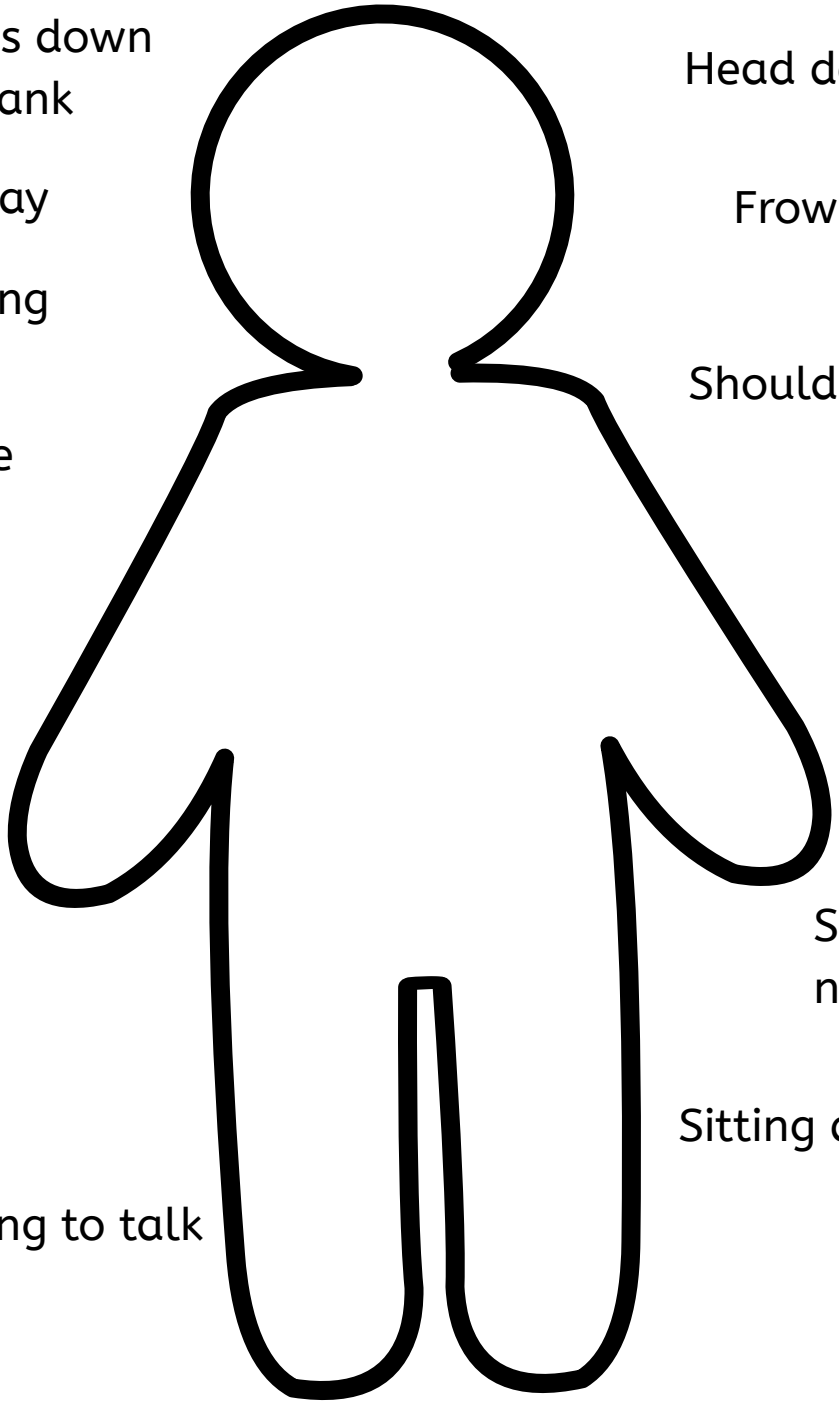
Slow walk or no movement

Sitting down quietly

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Face turns down or blank

Looking away

Sighing

Quiet voice

Low energy

Not wanting to talk

Heavy feeling in chest or tummy

Head down

Frown

Shoulders drop

Slow walk or no movement

Sitting down quietly

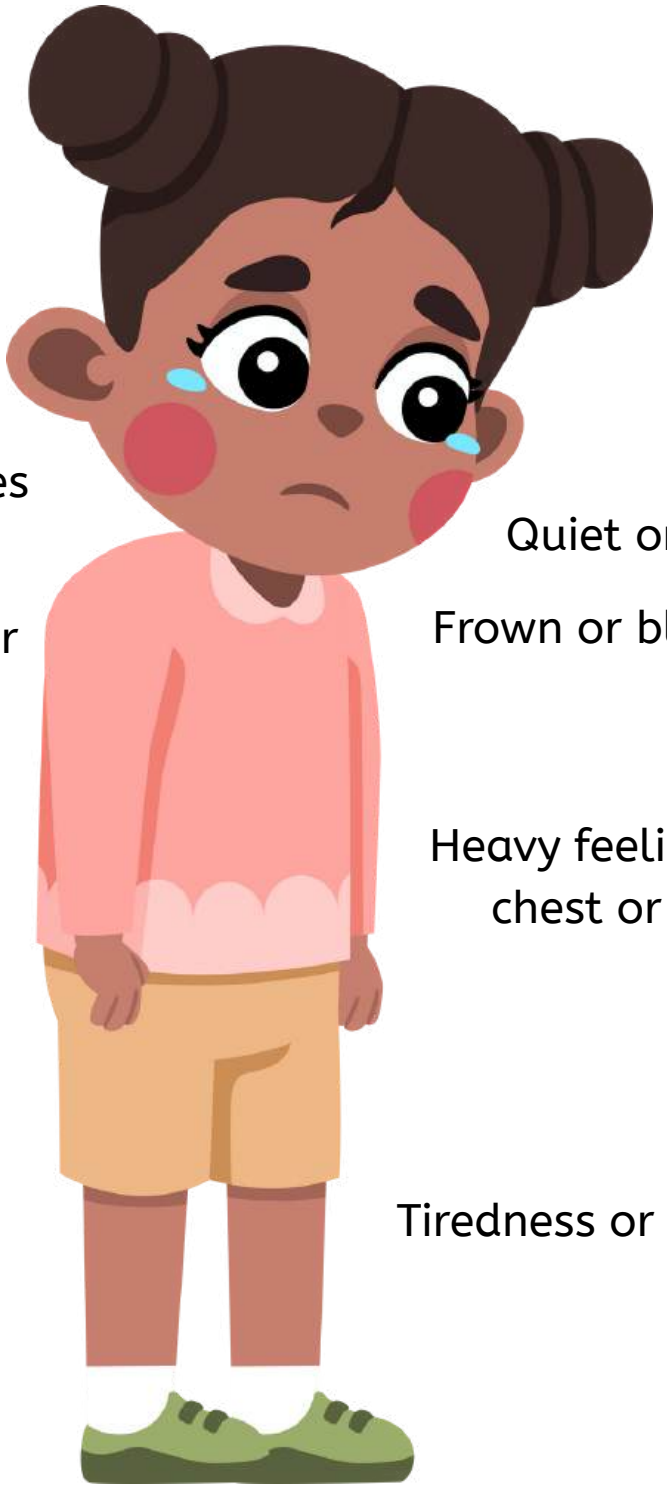
Body Clues that I Feel

DISAPPOINTED

1. Think about what happens in your body when you feel disappointed.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?

Body Clues that I Feel

SAD



Head down

Crying or tears

Rubbing eyes

Shoulders hunched or slouched

Slow movements

Curling up or lying down

Tiredness or low energy

Heavy feeling in the chest or heart

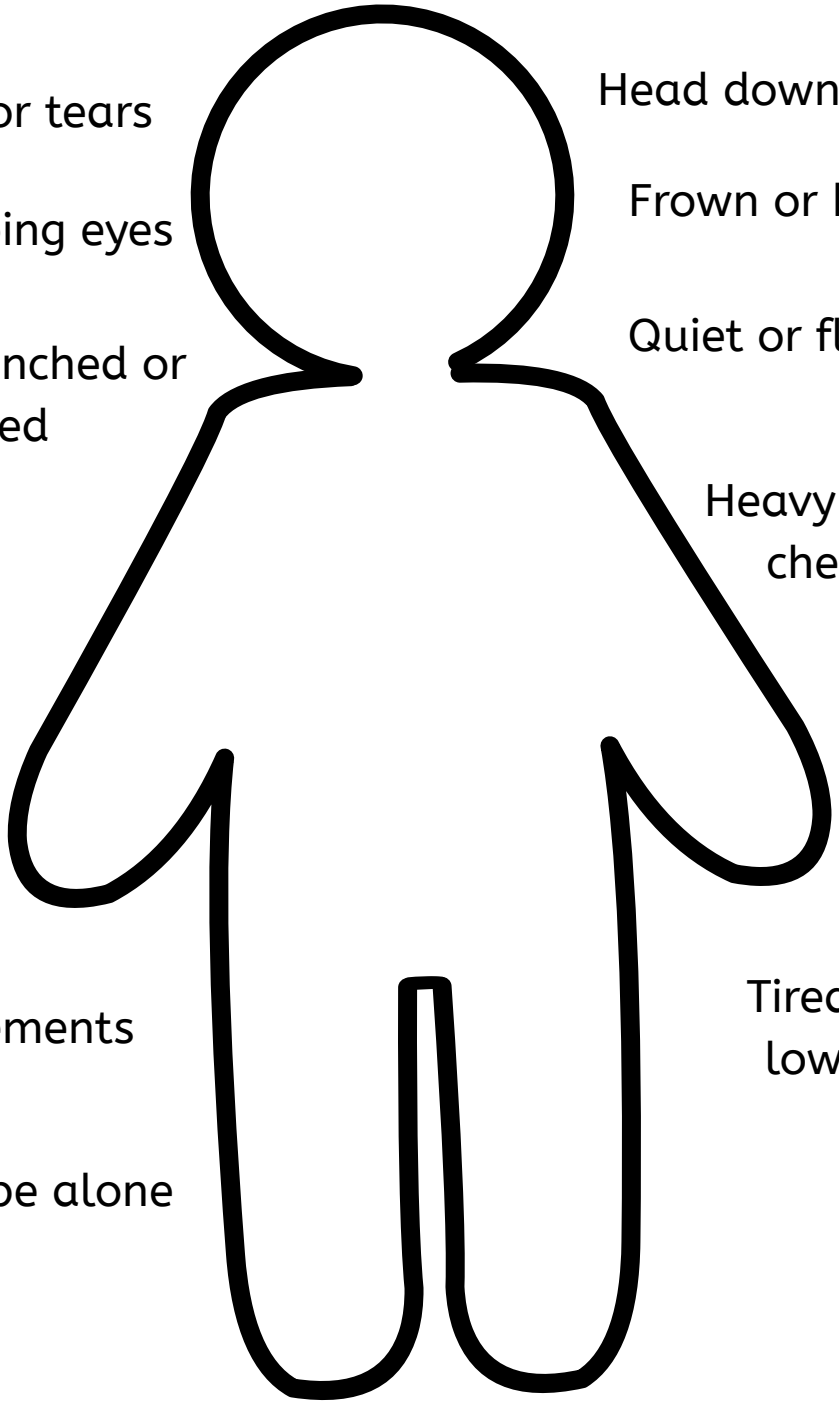
Frown or blank face

Quiet or flat voice

Body Clues that I Feel

SAD

Look at the body clues next to the picture.
Draw or show what happens in your body when you feel sad.
You can colour, circle, or add drawings on the body outline.
Circle the body clues that match how you feel when you are sad– or add your own.



Crying or tears

Rubbing eyes

Shoulders hunched or slouched

Head down

Frown or blank face

Quiet or flat voice

Heavy feeling in the chest or heart

Slow movements

Wanting to be alone

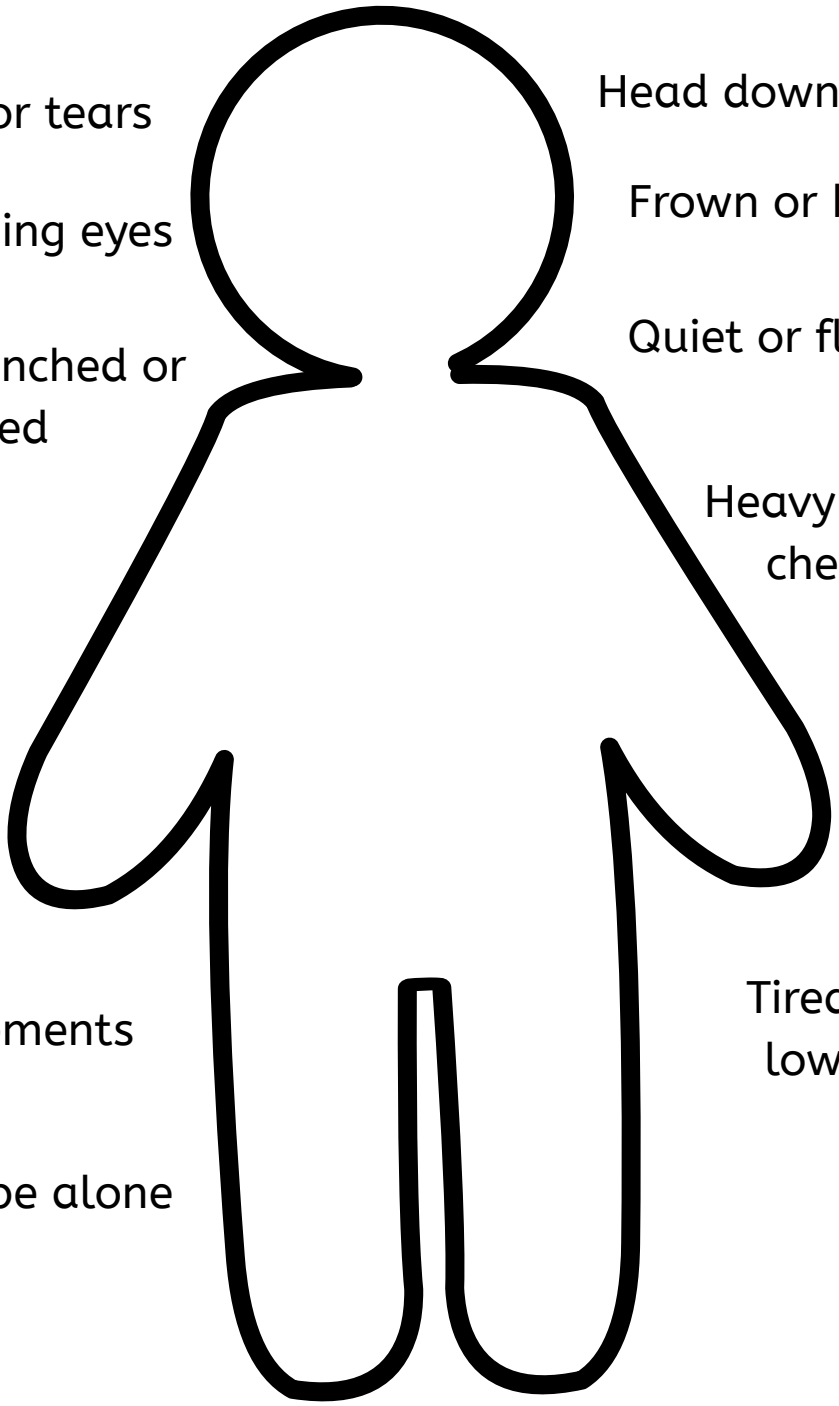
Tiredness or low energy

Curling up or lying down

Guess the Feeling from the Body Clues

Read the body clues below. What feeling do you think they describe?
Write your answer here:

_____



Crying or tears

Rubbing eyes

Shoulders hunched or slouched

Head down

Frown or blank face

Quiet or flat voice

Heavy feeling in the chest or heart

Slow movements

Wanting to be alone

Tiredness or low energy

Curling up or lying down

Body Clues that I Feel

SAD

1. Think about what happens in your body when you feel sad.
2. In the space below, draw what your body looks like.
3. Then write down your body clues – what changes do you notice in your face, hands, tummy, breathing, or heart?