What happens to my body when I am angry, scared or upset?
(Circle all that apply)

- Cry
- Clench teeth
- Loud voice
- Red/hot face
- Laughing/giggling
- Being mean or rude
- Swearing
- Racing heart
- Breathing hard
- Wringing hands
- Clenched fists
- Upset stomach
- shaking or tapping
- Jumping up and down or stamping feet
- Rocking
- Hyper
- Running or pacing