## EMOTION MAPS

Tick the boxes next to the Headache suggestions if they're right for you and/or Can't think or Feeling dizzy write your own. concentrate Crying When I'm Wobbly Dry mouth voice feeling To the state of th Throat feels tight **SCARED** Faster breathing Heart ( thumping Goosebumps Feeling sick Needing to go to the loo Wanting to run away ( Trembling Jumpy knees