

# Body Signals Scenario Cards

✂ Cut out the cards and use them to identify body signals.

**1** You have to speak in front of the class.



What might your body be telling you?

**2** You are about to go on a big roller coaster.



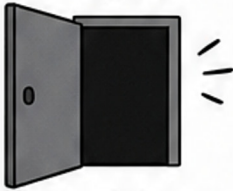
What might your body be telling you?

**3** You have a big test tomorrow.



What might your body be telling you?

**4** You walk into a dark, quiet room.



What might your body be telling you?

**5** You feel left out of a game.



What might your body be telling you?

**6** You eat something very spicy.



What might your body be telling you?

**7** You haven't slept well.



What might your body be telling you?

**8** You get a surprise gift.



What might your body be telling you?

**9** You are running in a race.



What might your body be telling you?

**10** You hear a loud bang.



What might your body be telling you?

**11** You spend a lot of time on screens.



What might your body be telling you?

**12** You get a compliment from a friend.



What might your body be telling you?