

## Learning Intention:

Today we are: learning what are the clues the body gives us when we are nervous and how can we calm those feelings.

So we can: better understand how to manage our feelings and emotions

I will know I have been successful: when I can identify body clues and describe how to manage them

### Body Clues:

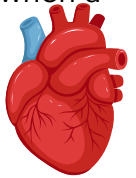
Our body gives us clues to let us know if something isn't right. Can you draw and label at least 3 of those clues?

Then describe actions we can take to help us feel better.

### Assessment Task:

Make sure you:

- draw a picture of some body parts (e.g. the heart) and write how it feels when a person is nervous (beats faster)
- write about how we can deal with these feelings



## Body Clues

## Calming Down

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