

B



Clenched Jaw

B



Stomach Butterflies

B



Clenched Fist

B



Tense Shoulders

B



Jittery Feet

B



Weak knees

B



Upset Stomach

B



Fidgety Hands

E



Angry

E



Sad

E



Scared

E



Anxious

E



Happy

E



Proud

E



Hopeful

E



Confused

A



Take 3 Deep Breathes

A



Shake your body

A



Squeeze a stress ball

A



Do a wall push-up

A



Do 5 jumping jacks

A



Wash your hands/
face with cold water

A



Box breathe
(4-in, 4-hold, 4-out, 4-hold)

A



Take a walk