

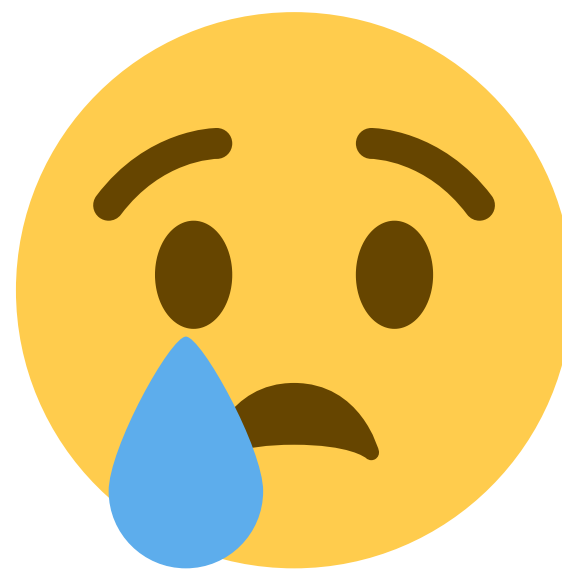
LISTEN TO YOUR BODY



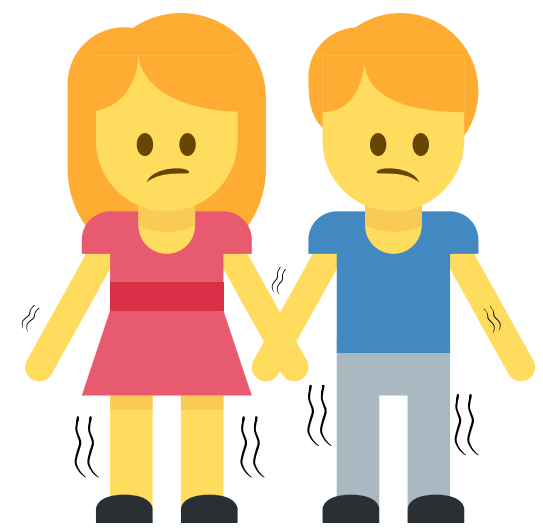
Feel sick in the tummy



Sweaty hands



Feel like crying



Wobbly legs/
Shaky all over



Heart beats fast



Sweaty brow



Need to go to the toilet



Goosebumps

TALK TO A
TRUSTED ADULT

