

Name _____



Body Sensations As Clues

Directions: Read each sentence and fill in the blank with how your body might feel in an unsafe or uncomfortable situation. Think about the clues your body gives you when something doesn't feel right.

1. When I feel nervous, my _____ beats faster.
2. When I feel scared, my _____ might start shaking.
3. When I feel uneasy, my _____ might hurt or feel tight.
4. When I feel something is wrong, I might get _____ in my throat.
5. When I feel unsafe, I might want to _____ away quickly.
6. When I feel uncomfortable, I might not want to _____ near that person.
7. When I feel scared, I might start to _____ or sweat.
8. When I feel unsafe, I might want to tell a _____ adult.
9. When I feel something bad could happen, my _____ feels heavy.
10. When I feel unsafe, I remind myself that I can always _____ for help.