

WHAT DOES IT FEEL LIKE?

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USE THE LINES BELOW TO LABEL WHAT HAPPENS TO YOUR BODY WHEN YOU FEEL SCARED.



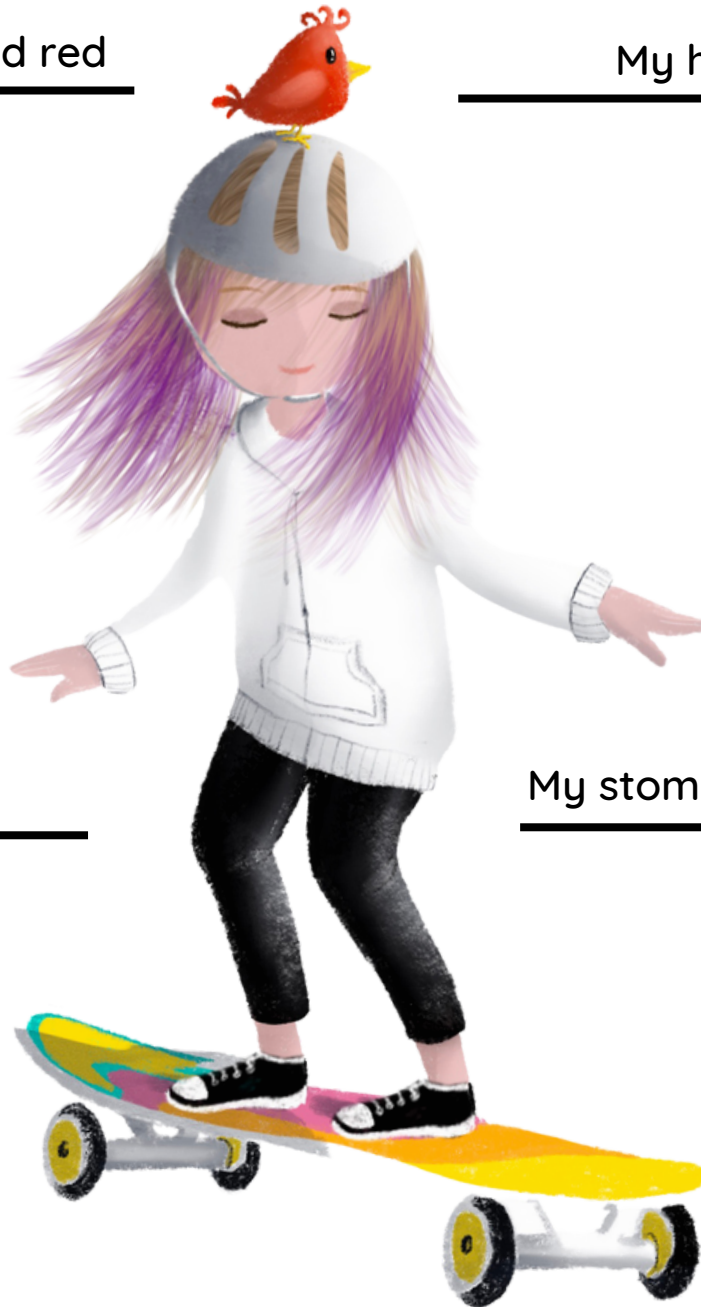
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My skin gets itchy and red

My heart races



I start to get hot

My stomach feels like a knot

I close my eyes really tight

My mouth gets dry