## **DESCRIPTION:**

This is visual tool to help visualize and measure how you're feeling. You can use this visual tool in many different ways. Some examples are wall decor and handout.

## **INSTRUCTIONS:**

- Print and enjoy!
- You are provide with 2 visual tools.
  - 1- Approximately 12.5 inches wide, 15.5 inches height. Located below. Cut along black line.
  - 2- Approximately 8.5 inches wide, 11 inches height. Located next page. No cutting needed.

\*To ensure the durability of the visual tool, you can print on hard paper (cardstock), place in a sheet protector, and/or laminate.

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## MY BODY LANGUAGE LOOKS LIKE...



Scared



Sad

Nervous







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