

"Showing" NOT "Telling"

AFRAID

- hands shaking
- knees like rubber
- covering mouth
- heart pounding

ANGRY

- red in the face
- hands on hip
- jaw / hands clenched
- veins popping
- dark squinted eyes
- punching hand in fist

SHOCKED

- mouth wide open
- eyes popping
- hands covering mouth
- gasping for air
- heart beating fast
- jumping back

SHY

- blushing
- looking down
- speaking softly
- arms crossed
- hiding behind things

NERVOUS

- tapping feet
- biting bottom lip
- butterflies,
- stuttering

HOT

- sweat on face
- moving slowly
- panting for breath
- wet hair
- fanning self w/hand
- bright red face

TIRED

- droopy eyes
- yawning
- trying to keep eyes open
- slouching
- rubbing eyes

SAD

- tears in eyes
- trembling lips
- hanging head low
- dragging feet
- shaky, quiet voice

EMBARRASSED

- blushing, turning red
- head hanging low
- holding back tears
- hiding face in hands

HAPPY

- smiling face
- eyes wide open
- corners of mouth rising
- jumping up & down
- laughing, giggling
- up beat

COLD

- shivering
- rubbing hands together
- blowing on hands
- seeing breath in air
- eyes watering
- huddling together

EXCITED

- mouth wide open
- heart pounding
- jumping
- clapping hands
- huge smile on face