

Show, Don't Tell !

You can show being **PROUD**
by writing

- standing with your chin held high
- Chest sticking out
- Smiling big and wide
- Standing nice and tall
- Face beaming with light
- Shoulders arched back
- A pat on the back
- Eyes twinkling

Show, Don't Tell !

You can show being **WORRIED**
by writing

- Sweaty palms/ hands
- Mind racing a mile a minute
- Biting bottom lip
- Feeling sick to your stomach
- Pacing back and forth
- Heart beating quickly
- Can't sleep or focus

Show, Don't Tell !

You can show being **Joy**
by writing

- Showing affection - hugging
- swinging/tapping a foot to an easy beat
- Bouncing on one's toes
- Standing nice and tall
- Noticing the small things around them (smelling the roses)
- Tingling hands

Show, Don't Tell !

You can show being **EXCITED**
by writing

- Jumping up and down
- Doing a victory dance
- A warm glow expanding throughout the body
- Getting the giggles
- Hands waving in the air
- Shouting out loud
- Clapping hands

Show, Don't Tell !

You can show being **HAPPY**
by writing

- Jumping up and down
- Laughing merrily
- Smiling from ear to ear
- Eyes wide open
- On cloud nine
- Giggling uncontrollably
- All teeth showing

Show, Don't Tell !

You can show being **Afraid**
by writing

- Heart beating non stop
- Hands trembling
- Knees shaking
- Eyes wide open
- Lips quivering
- Fast, heavy breathing
- Covering eyes with your hands
- Clenching onto things

Show, Don't Tell !

You can show being **Angry**
by writing

- Steam coming out of your ears
- Eyes squinting
- Red in the face
- Huffing and Puffing
- Kicking and screaming
- Fast, heavy breathing
- Stomping feet
- Clenching fists and grinding teeth

Show, Don't Tell !

You can show being **Nervous**
by writing

- Butterflies in your stomach
- Heart pounding out of your chest
- Big lumps in your throat
- Knees are wobbly like jelly
- Twirling hair with your finger
- Sweaty palms/hands
- Stumbling over words
- Fidgeting with hands

Show, Don't Tell !

You can show being **sad**
by writing

- Head hanging low
- Tears in eyes
- Trembling lips
- slow, dragging feet
- Feeling of being by yourself
- Heart aches
- Shoulders dropped
- Smile turned upside down