



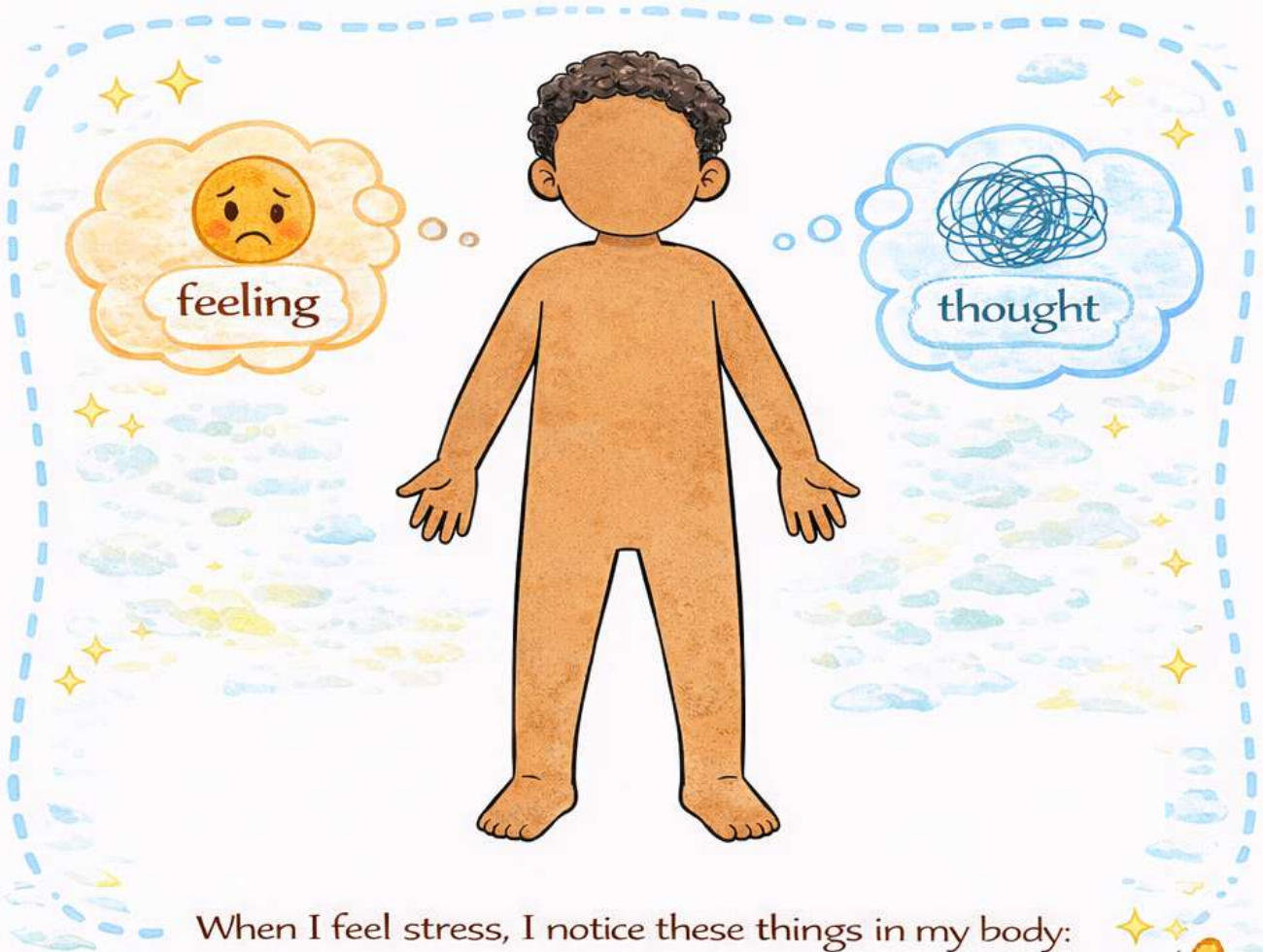
Body Clues Map

(Where I Feel Stress)



When you feel stressed, your body gives you clues to let you know.

Draw or write in the areas where you feel **stress** in your body.



When I feel stress, I notice these things in my body:

