**Listen**

Listen to the words and how they are spoken.

How do they make you feel?

**Look**

What is the other person doing?

What are other people doing?

What is the face showing?

What is the body showing?

What is happening all around?

**Think...**

How would you feel if you were them?
What do I want to do?  
What am I thinking?  
What is my body doing on the inside?  

cry  
laugh  
hit out  
run away  
skip  
butterflies in my tummy  
tight muscles  
body hot or cold  
heart beating fast  
goose bumps

What is my face showing?  
What is my body doing on the outside?