

# Your Body and Your Feelings

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When you are angry, you can feel the angry energy in your body. It usually makes your muscles tighten up and your heart beat faster. There are phrases to describe these feelings: your jaws are locked, your fists are curled in a ball, your heart is pounding like a hammer, and your stomach is in knots.

Show the angry energy in the boy below by drawing a lock on his jaw, two balls for his hands, a hammer where his heart is, and knots in his stomach.

