

What type of **warning signs** do our bodies give us when we might be in an unsafe or uncomfortable position?

(Tick **all** the ones that are correct. HINT: Only one is wrong.)

- ☐ Sweaty palms or sweaty brow.
- ☐ Hairs stand up on the back of the neck or goosebumps.
- ☐ Feeling sick or “butterflies” in the tummy.
- ☐ Racing or pounding heart, feeling like you can’t breathe.
- ☐ Need to go to the toilet.
- ☐ Tense muscles and crying.
- ☐ A little voice in your head warning that something’s not right.
- ☐ Shaky hands, wobbly knees or jelly legs.
- ☐ Feeling cool, calm and collected.