STRESS DETECTIVE

Pay attention to your body's alarm system. Write or draw when your alarm goes off and describe how it makes your body feel.

My alarm went off when..

My body felt..

My alarm went off when..

My body felt..

My alarm went off when..

My body felt..

Did you find any patterns?

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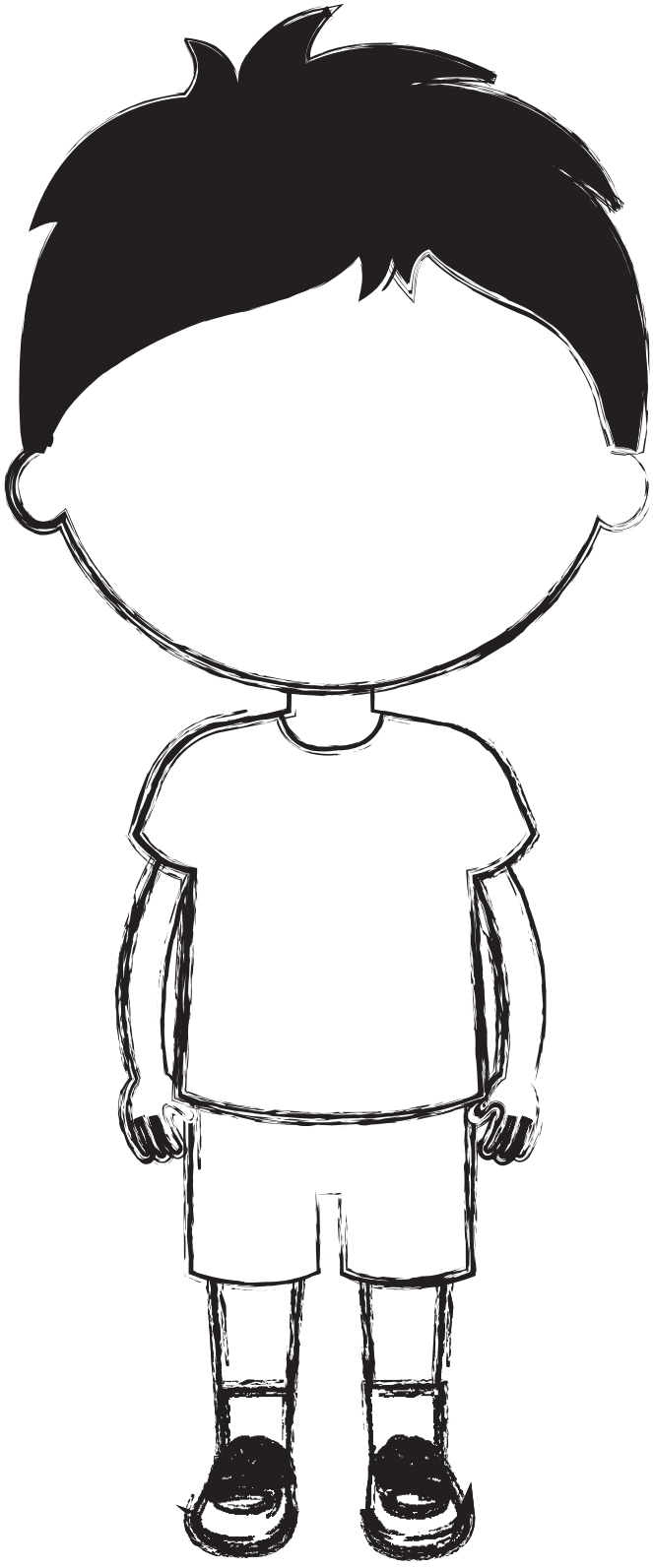
Where do I feel things in my body when my alarm goes off?