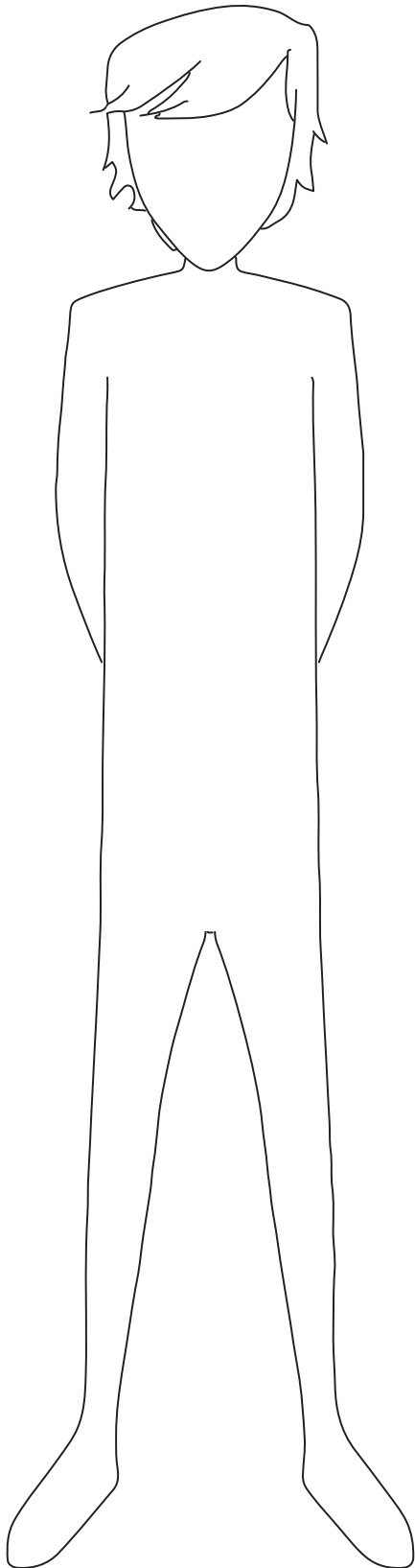


Early Warning Signs



Draw the Early Warning Signs onto the body.
Use the two blank boxes to add more of
your own Early Warning Signs.

Sweaty palms, underarms and face

Jittery legs

'Butterflies' in the stomach

Wanting to vomit

Wanting to cry

Needing to go to the toilet

Headache

Dry throat

Hard to speak

Heart beats faster

Breathing faster

Wanting to run away