

## Early Warning Signs Word Link

*Adapted from the Protective Behaviours program.*

*Instructions:* Match the parts of your body in the left column with the words listed on the right to identify some early warning signs. There may be more than one word to match with some body parts.

### Body Part

heart

hands

knees

stomach

neck

eyes

mouth

forehead

jaw

skin

face

### Words

thumping

cold

sweating

crying

hot

shaking

blushing

tight

trembling

dizzy

heavy

dry

clammy

light

weak

sick

wrinkled

frowning

prickly