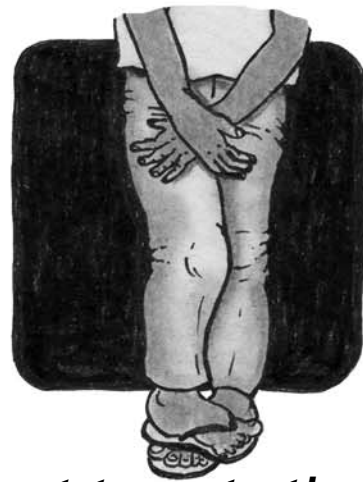


Body Signs telling you to
Be Careful - Check It Out!



You want to run away



You want to go to the toilet



Your knees shake



Your tummy feels funny

Or you may have a funny feeling:



In your throat



In your head



In your heart



In your chest