

My Body Tells Me First

Which one noticed it early?

✓ GOOD



- ✓ Noticed his tight fists
- ✓ Looked at what his body was doing
- ✓ Caught it early
- ✓ Still able to choose

✗ NOT YET



- ✗ Jaw tight, shoulders up
- ✗ Staring straight ahead
- ✗ Too worked up to notice
- ✗ Past the early stage

Remember:

My body tells me first. I can notice it early.