Kids Writing Club Week 10

How do you describe being nervous?

Some common descriptors of nervousness:

- Shakiness
- Leg shaking
- Nail biting
- Sweaty hands
- Fidgeting
- Eyes darting
- Heart racing/pounding

One way to help you describe this is to imagine a common scenario. For example:

“I was waiting for my turn to present when I noticed __________________.“

Could it be that you noticed your heart was racing?

Could it be that you noticed you were biting your nails?

Click here for a great resource if you would like to learn more

See if you can come up with more actions or feelings associated with nervousness!