

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!

