

# Embarrassed

- What does an embarrassed face look like?

The eyes are wide open, the eyebrows go up at the middle, the mouth gets small or frowns, and sometimes the cheeks or whole face turns red. Sometimes the face then cries or looks angry.

- What does an embarrassed body feel like?

Like it wants to hide or hurt the person that made it feel embarrassed.

- What do embarrassed thoughts sound like?

"Why did I say that? I'm so stupid!"

"I can't believe my underwear was showing. I just want to hide."

"Why did he trick me into being scared like a baby? I can't show my face there again."

- What makes me feel embarrassed?

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- What are some other words for embarrassed?

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- What helps me when I'm embarrassed?

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