

## Writing Activity 1: Nervous Symptoms



**“As the girls started walking toward the cafeteria, the usually talkative Maeve remained quiet. Her stomach was going crazy and her palms were sweating.”**

*-Freaked Out p. 7*

Maeve is freaking out about the big math mid-term.

Do you recall the last time you “freaked out” about a problem?

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What “symptoms” did you notice about how your own body reacts to stress? Does your mouth go dry? Does your heart seem to beat faster?

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Write a descriptive paragraph telling how your body reacts to fear or stress. Write at least 5 supporting details.

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