

# Tense or Relaxed?

Sometimes it's easier to notice when other people are getting angry or are feeling tense by the way their bodies look. Look at the pictures below. Can you rate how relaxed each person feels? Under each picture, rate how tense or relaxed the person is using this scale:

VERY RELAXED			FAIRLY RELAXED				EXTREMELY TENSE		
1	2	3	4	5	6	7	8	9	10



Rating \_\_\_\_\_



Rating \_\_\_\_\_



Rating \_\_\_\_\_



Rating \_\_\_\_\_