


# Show not tell

<b>Emotion</b>	<b>Actions</b>
<b>Amused</b>	Smiling, eyes wide, friendly, talkative, using arms a lot, throwing head back, cupping the cheeks, holding ribs, covering the mouth, trying to keep a straight face, bouncing on toes, breathlessness,
<b>Fear</b>	Dry mouth, biting lip, wanting to run, gasping for air, cold sweat, talking non stop, dizziness, shivery skin, flinching at noises, shaking, shrill voice, stuttering voice.
<b>Anger</b>	Breathing deeply, picking fights, sarcasm, pounding fists, deeper louder voice, shoulders and head forward, eyes wide and glaring, hands forward in fists, red face.
<b>Shock/Surprise</b>	 Yelp, stiffening posture, sudden coldness, eyes water, hand against chest, hand against throat, shaky soft voice, grabbing someone for comfort, heavy feeling in the stomach, tingling skin,
<b>Curiosity</b>	Straining to see, ears and head pointing to hear, shushing others to be quiet, wide eyes, slower breaths, lips parted slightly, gasp of wonder, small smile, soft voice
<b>Excited</b>	Talkative, pacing around, rubbing hands, eyes darting around, big smiles, hugging, shaking hands, punching someone in fun on the arm, giggles, victory dance, group feeling of joy.
<b>Embarrassment</b>	Looking down, can't look at others eyes, hiding face with long hair, walking quickly away, grasping things against chest, gritting teeth, shoulders slumped,
<b>Sadness</b>	Downcast eyes, slow walk, feeling sick, crying, not wanting to talk, jerky breathing, shoulders slumped, rubbing face, avoiding others eyes.