

Fear – Show Don't Tell



Your body may show fear in lots of different ways. Some ways in which the body can react to fear are shown in the table below.

muscles tighten	hands and feet go cold	stomach may flutter
breathing is faster	feel weak	freeze
breathlessness	eyes may flash around	sweaty palms
lips tremble	heart beats faster	cry
hairs on arms bristles	eyes stare	mouth goes tense
voice goes quieter	heart pounds	mouth goes dry
feel dizziness	skin goes pale	body shakes

Use descriptive lines to describe how fear affects a character

A rush of fear washed over her...

His colour was ashen...

Desperately, she tried to scream, yet no sound escaped her mouth...

Her head began to spin...

Fear glued him to the spot...

Terror held him in a vice-like grip...

His eyes continued to dart...

Write some fear lines of your own...