Embarrassed

Feeling embarrassed is feeling uncomfortable because we may not feel understood by others or sometimes make a mistake.

Times we might feel embarrassed:
- If we have to speak in front of the whole class
- If we make a mistake in front of our friends
- When we meet new people and might not know what to say

When we feel embarrassed, our body might feel like:
- The palms of our hands are sweaty
- Our heart is beating faster than normal
- We want hide our faces from others

Understanding Embarrassed / Questions for learning:

What are some times a person might feel embarrassed?

When you feel embarrassed, what does your body feel like?

Write about a time that you felt embarrassed. What was it like?