How are these people feeling?

- 1) The fluorescent light in the corridor flickered as I sat waiting on the bench outside the office. I twiddled my fingers and began to pick at the skin around my nails, occasionally biting it off. My eyes were focussed on the floor and my head hung low.
- 2) Striding longer and further than anyone had witnessed before, she raced to the end before collapsing in a heap. She lay staring at the sky, catching her breath, as a smile widened across her face from ear to ear. Tears pricked in the corners of her eyes and her hands shook from the adrenaline.
- 3) The man's eyes widened and darted about as though frantically looking for help as the boy approached. He was rooted to the spot, unable to move. His throat was dry when he attempted to shout out and you could almost hear his thumping heartbeat drumming through his shirt.
- 4) She skipped down the stairs humming loudly in the hope that it would wake everybody else up too. Upon reaching the bottom step, she skidded round the bannister and into the living room, where the presents lay before her, surrounding the fireplace. A little squeak escaped her lips, and she clapped her hands together.
- 5) I could feel the vein in my head throbbing and tears pricking as my face reddened. My fists were clenched, and if I had gritted my teeth any harder they would have fallen out. Exhaling loudly, I fixed my gaze ahead and did not blink.

TR Resource 4a