



## VOCABULARY FOR SENSATIONS

achy	clenched	energized	itchy	puffy	tense
airy	congested	faint	jerky	quaking	thick
bloated	constricted	flaccid	jumbly	quivery	tight
blocked	cool	flushed	knotted	radiating	tickly
breathless	cold	fluid	light	sharp	tingly
bubbly	damp	fluttery	moist	shivery	trembling
burning	dense	floaty	nauseous	shuddering	twitchy
buzzy	dizzy	fuzzy	numb	sore	vibrating
chills	dull	goose-bumps	paralyzed	stiff	warm
churning	electric	heavy	pins / needles	suffocating	weak
clammy	empty	hot	prickly	sweaty	wobbly
Ogden . Adapted from Ogden, P. (1997, 1998)					