

B	I	N	G	O
THINK OF SOMETHING FUNNY	AM I JUST EXCITED?	DANCE!	NEW THINGS CAN BE FUN!	I CAN DO THIS!
COLOR YOUR FEELINGS	TAKE A DEEP BREATH	I'M JUST A LITTLE SCARED	AM I JUST EXCITED?	JUMPING JACKS!
SMILE!	THIS WON'T LAST FOREVER!	FREE	BLOW OUT THE ANXIETY!	FIND A KID TO TALK TO
I AM BRAVE	NOISE CAN'T HURT ME	I AM STRONG	EVERYONE IS FINE	I'LL BE OKAY
EVEN ADULTS GET NERVOUS	CAN I SEE THIS IN A POSITIVE WAY?	IT'S FUN TO BE SURPRISED!	TRY SOMETHING DIFFERENT	COUNT TO TEN

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THIS WON'T LAST FOREVER!	JUMPING JACKS!	NEW THINGS CAN BE FUN!	TRY SOMETHING DIFFERENT	DANCE!
FIND A KID TO TALK TO	AM I JUST EXCITED?	I'M JUST A LITTLE SCARED	COLOR YOUR FEELINGS	EVEN ADULTS GET NERVOUS