

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

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