

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

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

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