

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

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