

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

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EVERYONE GETS NERVOUS	TRY SOMETHING DIFFERENT	I'M JUST A LITTLE SCARED	COUNT TO TEN	NEW THINGS CAN BE FUN!
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I AM BRAVE	LISTEN TO MUSIC	THINK OF SOMETHING FUNNY	DID I REMEMBER TO SMILE!	TAKE A DEEP BREATH
I'LL BE OKAY	IT'S FUN TO BE SURPRISED!	TALK TO A TRUSTED ADULT	TALK TO A TRUSTED FRIEND	EVERYONE IS FINE

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THIS WON'T LAST FOREVER!	NEW THINGS CAN BE FUN!	SMILE!	TRY SOMETHING DIFFERENT	EVERYONE GETS NERVOUS
I AM STRONG	AM I JUST EXCITED?	JUMPING JACKS!	DANCE!	EVERYONE IS FINE