

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

|                                   |                                 |                                 |                             |                                  |
|-----------------------------------|---------------------------------|---------------------------------|-----------------------------|----------------------------------|
| <b>B</b>                          | <b>I</b>                        | <b>N</b>                        | <b>G</b>                    | <b>O</b>                         |
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| DID I<br>REMEMBER<br>TO SMILE!    | TRY<br>SOMETHING<br>DIFFERENT   | I CAN<br>DO<br>THIS!            | COLOR<br>YOUR<br>FEELINGS   | JUMPING<br>JACKS!                |
| I AM<br>BRAVE                     | BLOW<br>OUT THE<br>ANXIETY!     | Free<br>Space                   | FIND A<br>KID TO<br>TALK TO | AM I JUST<br>EXCITED?            |
| EVERYONE<br>IS FINE               | IT'S FUN TO<br>BE<br>SURPRISED! | THINK OF<br>SOMETHING<br>FUNNY  | DANCE!                      | NOISE<br>CAN'T<br>HURT ME        |
| I AM<br>STRONG                    | I'LL BE<br>OKAY                 | SMILE!                          | TAKE A<br>DEEP<br>BREATH    | EVEN<br>ADULTS<br>GET<br>NERVOUS |

|                                   |                                 |                                 |                               |                                  |
|-----------------------------------|---------------------------------|---------------------------------|-------------------------------|----------------------------------|
| <b>B</b>                          | <b>I</b>                        | <b>N</b>                        | <b>G</b>                      | <b>O</b>                         |
| COLOR<br>YOUR<br>FEELINGS         | IT'S FUN TO<br>BE<br>SURPRISED! | AM I JUST<br>EXCITED?           | I'LL BE<br>OKAY               | BLOW<br>OUT THE<br>ANXIETY!      |
| THINK OF<br>SOMETHING<br>FUNNY    | I AM<br>BRAVE                   | I AM<br>STRONG                  | TAKE A<br>DEEP<br>BREATH      | I CAN<br>DO<br>THIS!             |
| SMILE!                            | DANCE!                          | Free<br>Space                   | NOISE<br>CAN'T<br>HURT ME     | EVERYONE<br>IS FINE              |
| THIS<br>WON'T<br>LAST<br>FOREVER! | JUMPING<br>JACKS!               | NEW<br>THINGS<br>CAN BE<br>FUN! | TRY<br>SOMETHING<br>DIFFERENT | DID I<br>REMEMBER<br>TO SMILE!   |
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