B	I	N	G	O
THINK OF SOMETHING FUNNY	ALWAYS REMEMBER TO SMILE!	COUNT TO TEN	NEW THINGS CAN BE FUN!	I'LL BE OKAY
BLOW OUT THE ANXIETY!	TAKE A HOT SHOWER!	LIFE IS A GIFT	BE EXCITED?	MINDFULNESS
TAKE A DEEP BREATH	THIS WON'T LAST FOREVER!	I FEEL LOVED!	BE HAPPY	I AM BRAVE
I AM STRONG	SMILE!	I CAN DO THIS!	EVERYONE GETS NERVOUS	IT'S FUN TO BE SURPRISED!
DON'T BE SCARED	BE KIND TO OTHERS	LOVE YOURSELF	TRY SOMETHING DIFFERENT	COLOR YOUR FEELINGS

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B	I	N	G	O
THIS WON'T LAST FOREVER!	BE EXCITED?	NEW THINGS CAN BE FUN!	BLOW OUT THE ANXIETY!	LIFE IS A GIFT
COUNT TO TEN	TRY SOMETHING DIFFERENT	I'LL BE OKAY	BE KIND TO OTHERS	MINDFULNESS
I AM STRONG	BE HAPPY	I FEEL LOVED!	I AM BRAVE	ALWAYS REMEMBER TO SMILE!
EVERYONE GETS NERVOUS	LOVE YOURSELF	THINK OF SOMETHING FUNNY	COLOR YOUR FEELINGS	SMILE!
I CAN DO THIS!	IT'S FUN TO BE SURPRISED!	TAKE A DEEP BREATH	TAKE A HOT SHOWER!	DON'T BE SCARED

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B	I	N	G	O
BE KIND TO OTHERS	LOVE YOURSELF	BE EXCITED?	IT'S FUN TO BE SURPRISED!	BE HAPPY
THINK OF SOMETHING FUNNY	I AM STRONG	I CAN DO THIS!	TAKE A HOT SHOWER!	I'LL BE OKAY
TAKE A DEEP BREATH	COLOR YOUR FEELINGS	I FEEL LOVED!	SMILE!	EVERYONE GETS NERVOUS
THIS WON'T LAST FOREVER!	MINDFULNESS	NEW THINGS CAN BE FUN!	TRY SOMETHING DIFFERENT	COUNT TO TEN
I AM BRAVE	ALWAYS REMEMBER TO SMILE!	LIFE IS A GIFT	BLOW OUT THE ANXIETY!	DON'T BE SCARED

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