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

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

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

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