

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

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