Anxiety

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!
Nothing can hurt me when I've got myself	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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Anxiety

THIS WON'T LAST FOREVER!	Am I over reacting	NEW THINGS CAN BE FUN!	COUNT TO TEN	I'M JUST A LITTLE SCARED
DID I REMEMBER TO SMILE!	TRY SOMETHING DIFFERENT	I CAN DO THIS!	COLOR YOUR FEELINGS	JUMPING JACKS!
I AM BRAVE	BLOW OUT THE ANXIETY!	I FEEL FREE!	FIND A KID TO TALK TO	AM I JUST EXCITED
EVERYONE IS FINE	IT'S FUN TO BE SURPRISED!	THINK OF SOMETHING FUNNY	DANCE!	NOISE CAN'T HURT Me
I AM STRONG	I'LL BE OKAY	Nothing can hurt me when I've got myself	TAKE A DEEP BREATH	EVEN ADULTS GET NERVOUS

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THIS WON'T LAST FOREVER!	JUMPING JACKS!	NEW THINGS CAN BE FUN!	TRY SOMETHING DIFFERENT	DID I REMEMBER TO SMILE!
FIND A KID TO TALK TO	AM I JUST EXCITED	I'M JUST A LITTLE SCARED	COUNT TO TEN	EVEN ADULTS GET NERVOUS

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