

# MY FEARS

What are some things that make you feel nervous or scared?

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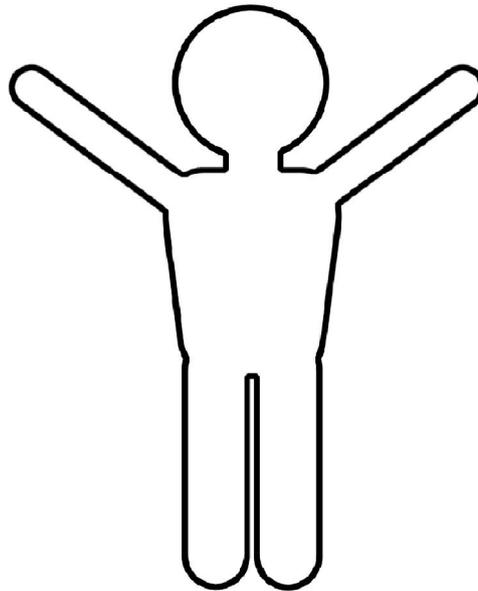
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What do you think about when you are nervous or scared?

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How does your body feel when you are nervous or scared? Color the areas where you can sense these feelings.



What can you do to feel better next time you are nervous or scared?

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