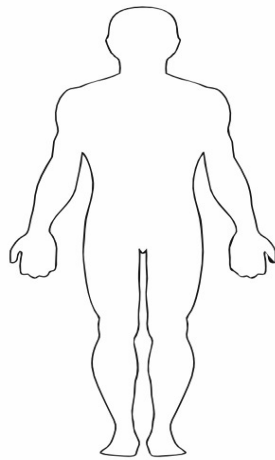


## DEALING WITH FEARS

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

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



What's something you can do to feel better next time you are afraid?