## My Fears

| What are some things<br>that make you feel              |   |
|---|---|
| nervous or scared?                                      |   |
|   |   |
| What do you think about when you are nervous or scared? |   |
|   |   |
|   |   |
| How does your body feel w                               | then you are nervous or scared? Color the areas |
| where you can sense these feelings.                     |   |
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What's something you can do to feel better next time you are afraid?

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