

# My Fears

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

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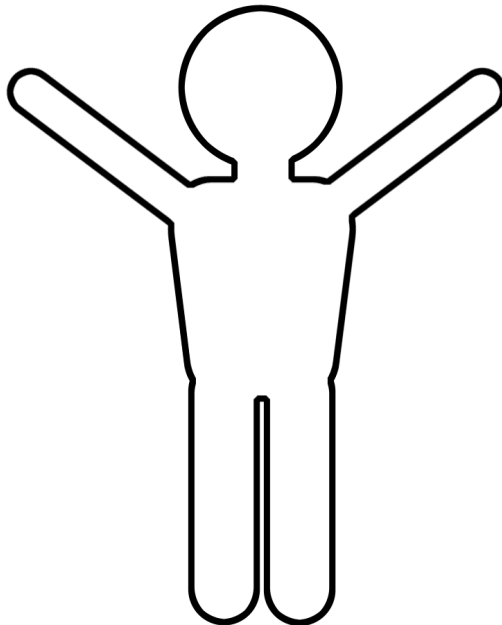
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What do you think about when you are nervous or scared?

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

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