

My Fears

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How does your body feel when you're nervous or scared? Circle the parts of the pody where you can feel these feelings.	What are some things that make you feel nervous or scared?	
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How does your body feel when you're nervous or scared? Circle the parts of the pody where you can feel these feelings.		
pody where you can feel these feelings.	What do you think about when you're nervous or scared?	
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What is something you can do next time you feel afraid?		
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