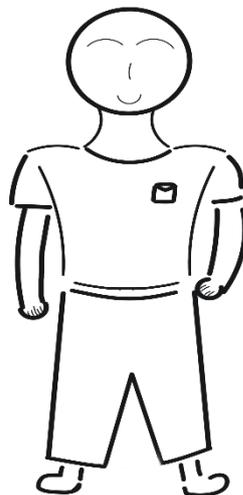


## Exploring My Fears

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

What do you think about when you're nervous or scared?

How does your body feel when you're nervous or scared? Circle the parts of the body where you can feel these feelings.



What is something you can do next time you feel afraid?