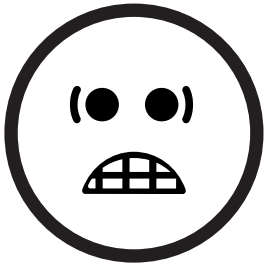
WEEK 7

NAME:_____

HEROES CIRCLE

When I'm Feeling...

Scared



My body does this

_____

I feel

_____

Worried

My body does this

_____

I feel

_____

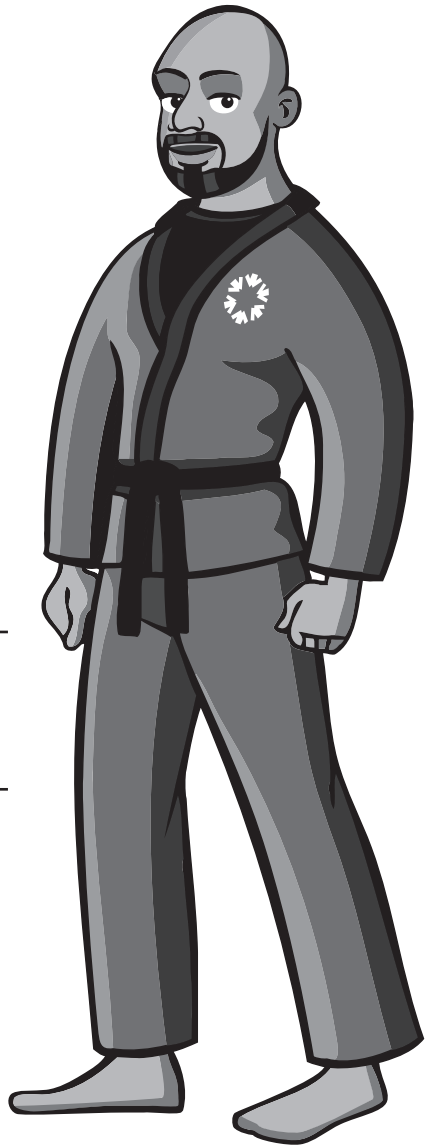
Nervous

My body does this

_____

I feel

_____



Next time I feel scared, worried or nervous, I can

_____

_____

_____