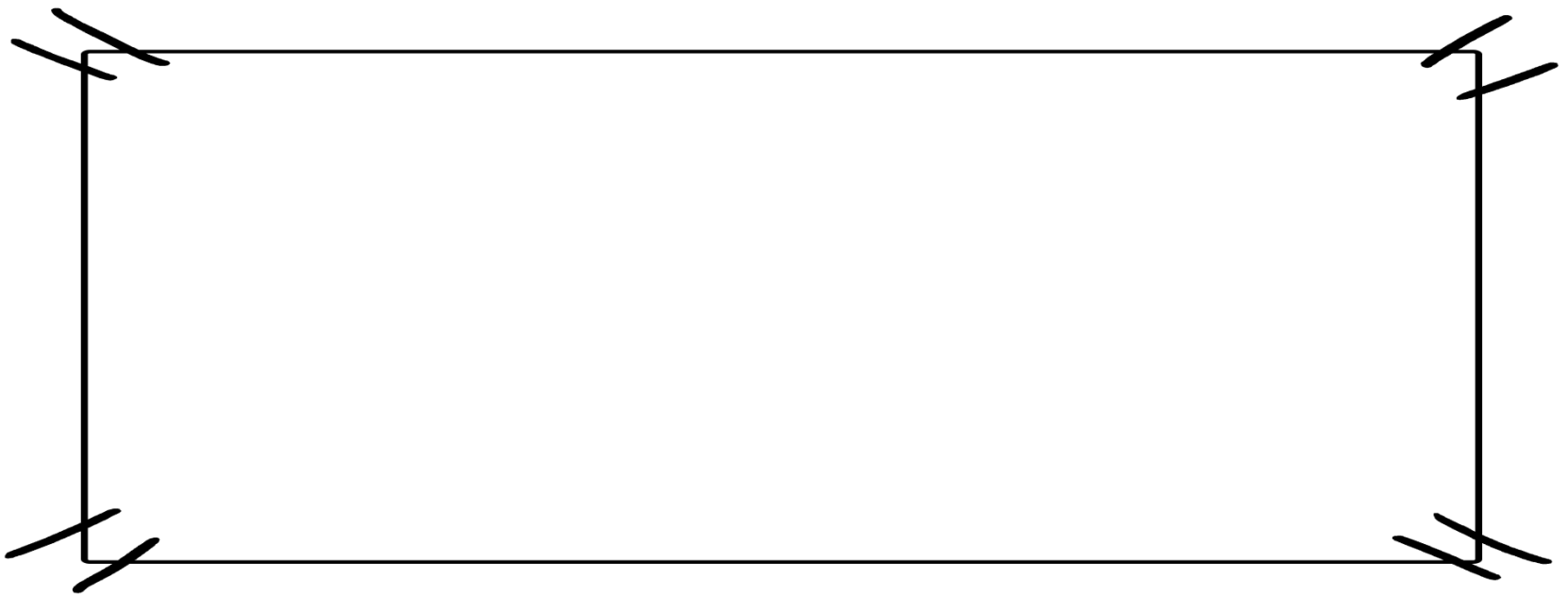
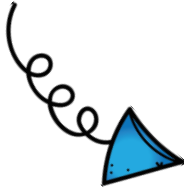
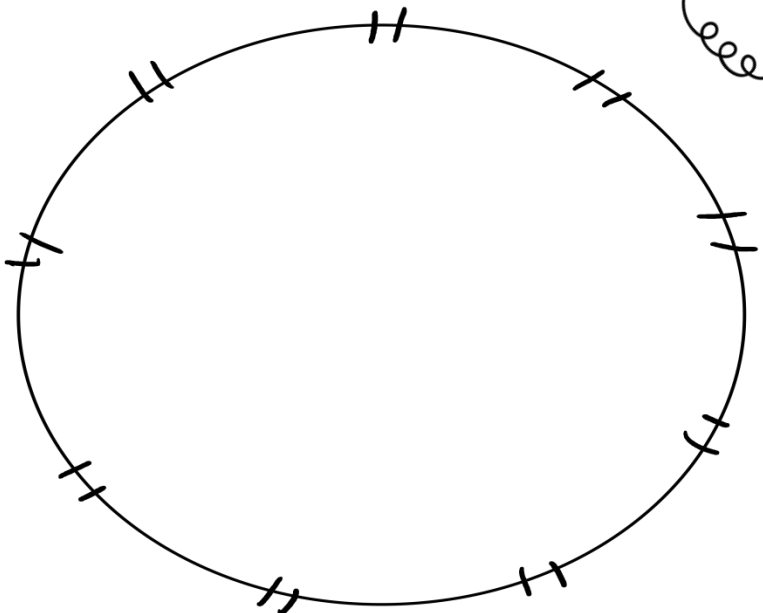


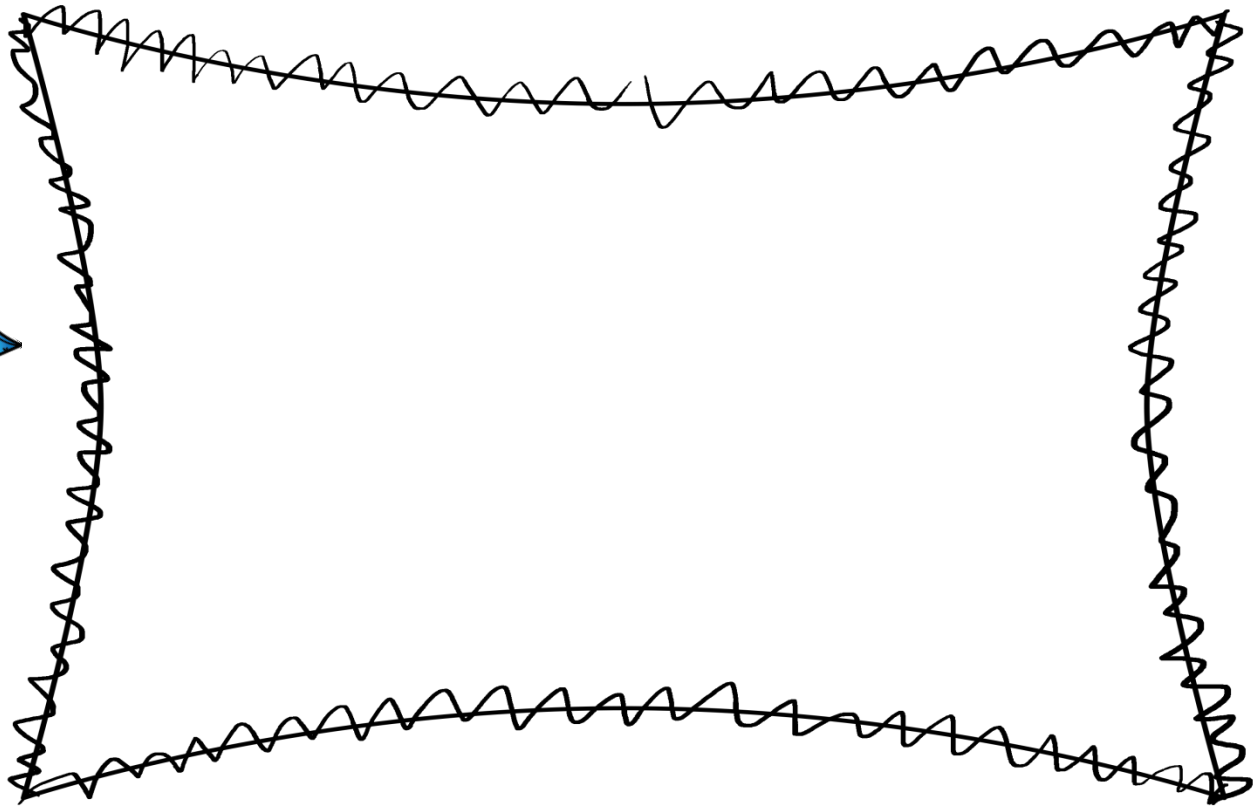
Anxious Thoughts I'm Having



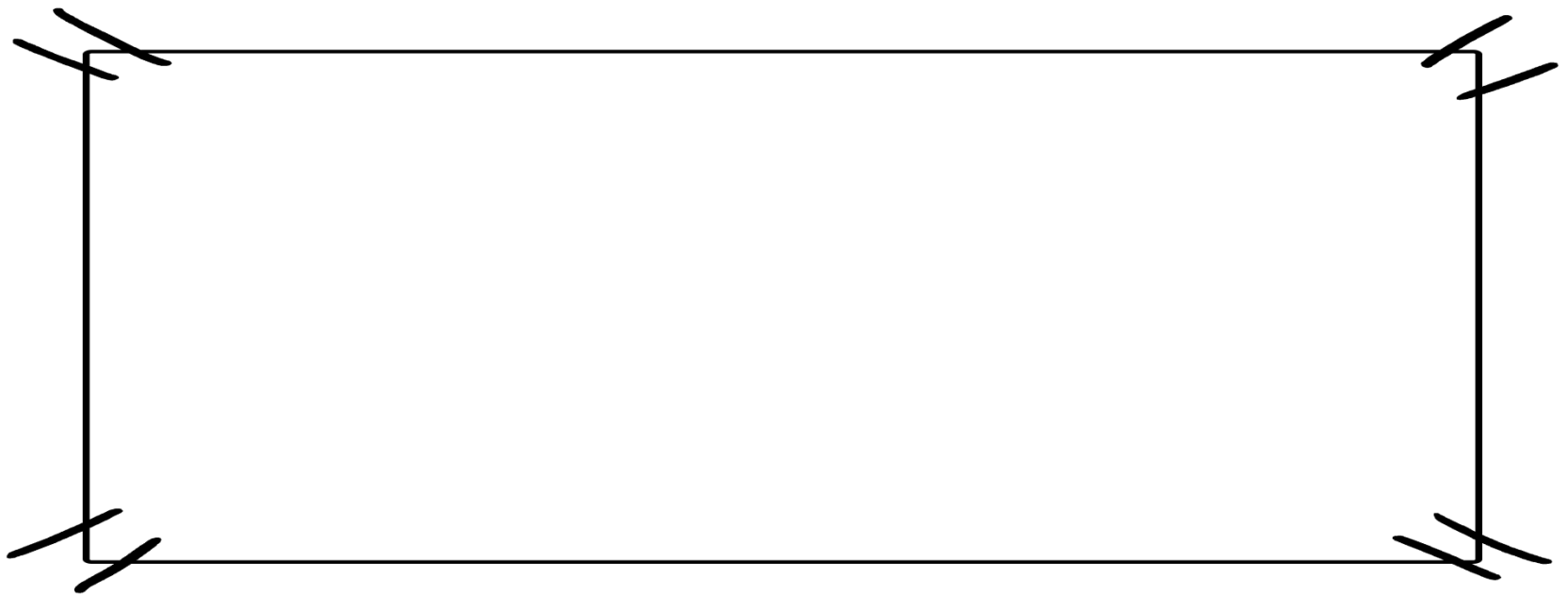
Uncomfortable Emotions I'm Feeling



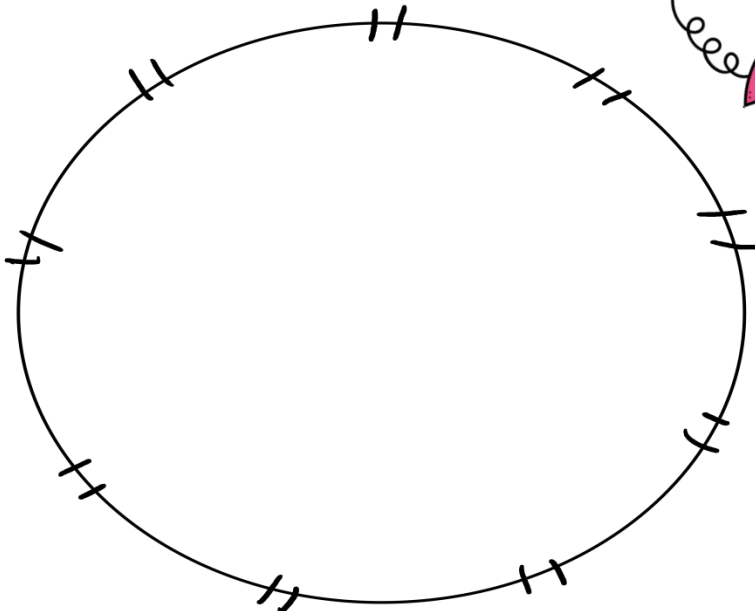
Coping Strategies I Can Use



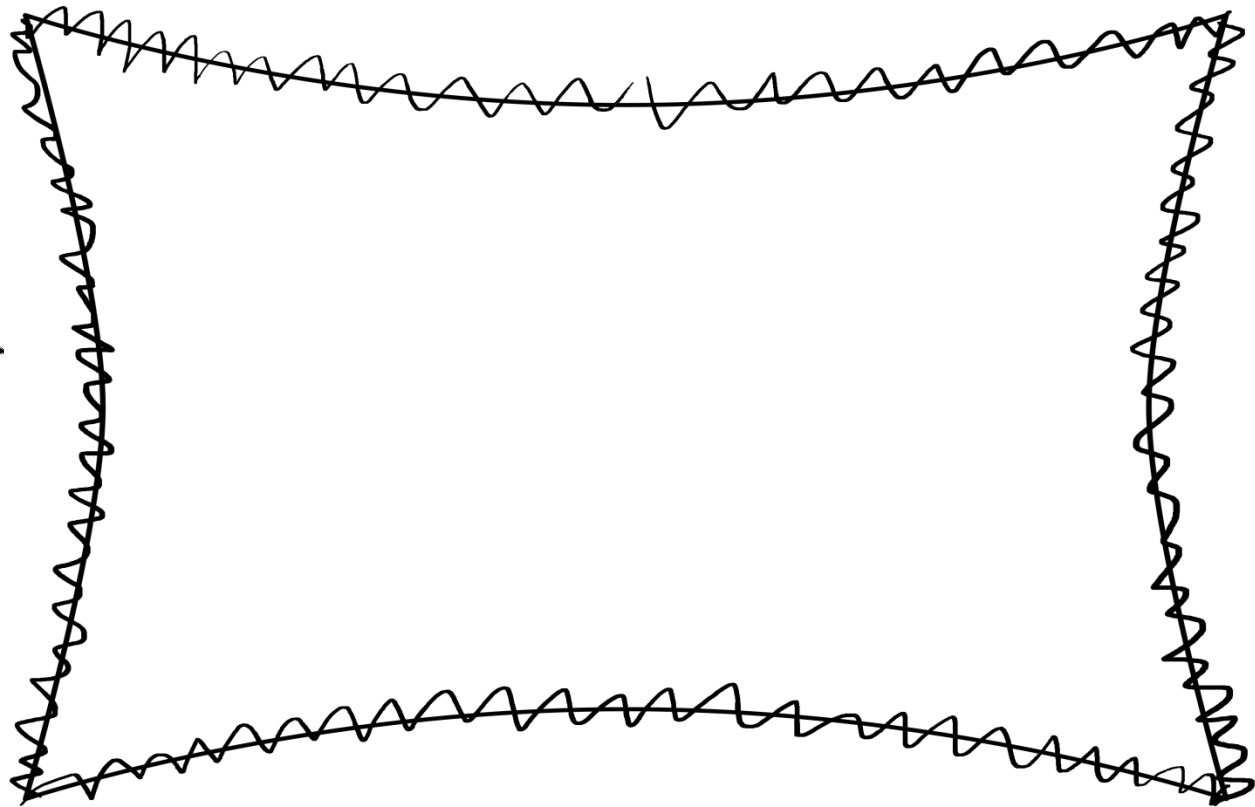
Anxious Thoughts I'm Having



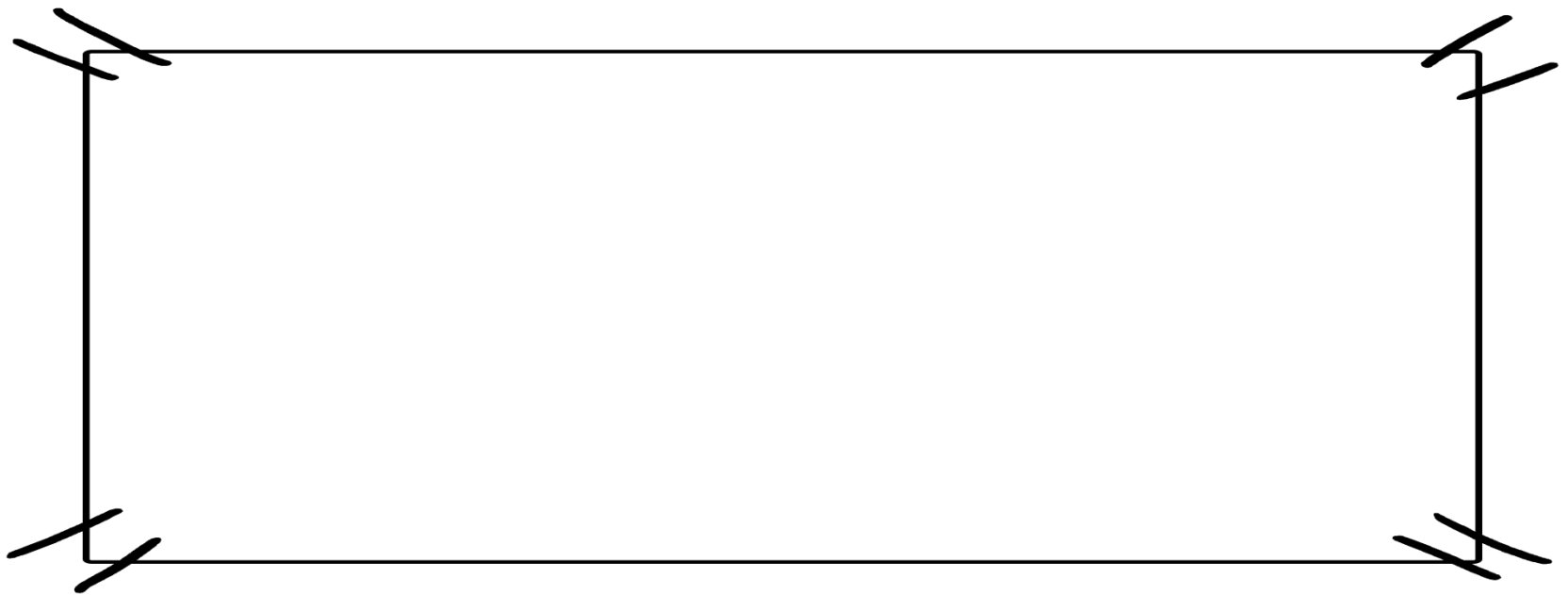
Uncomfortable Emotions I'm Feeling



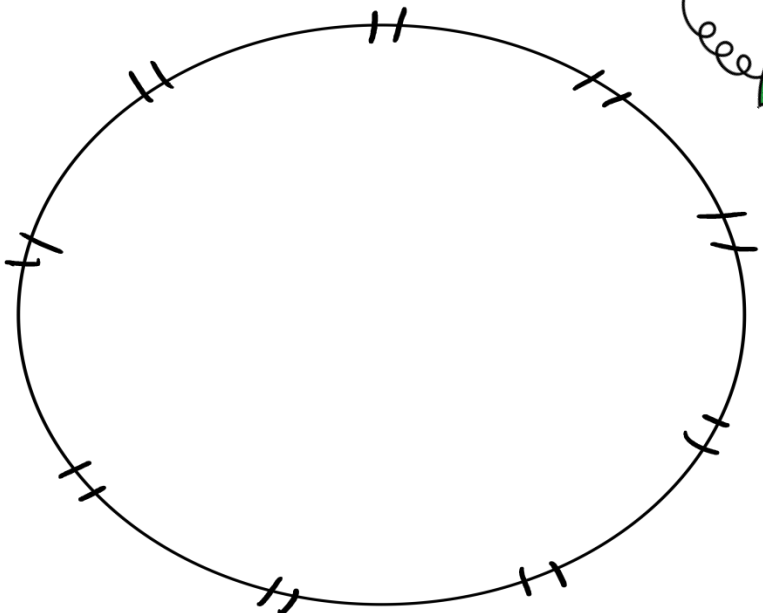
Coping Strategies I Can Use



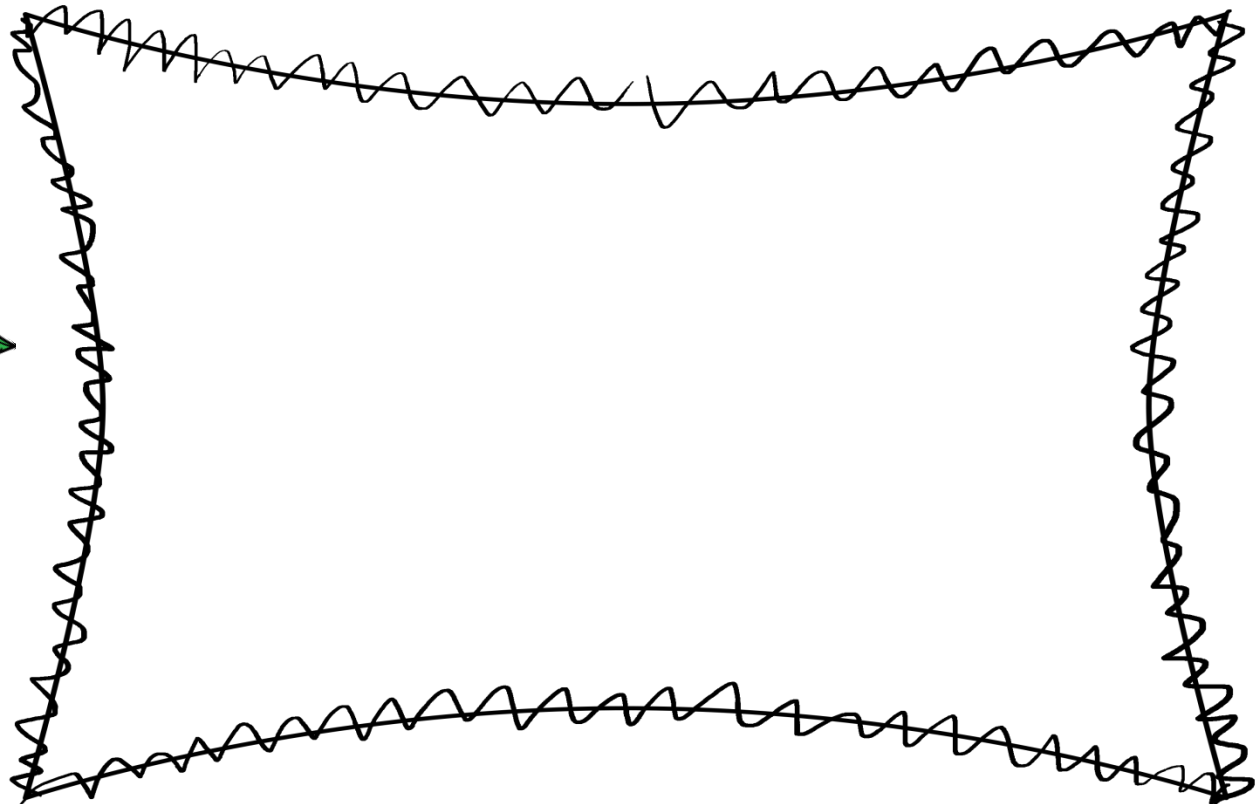
Anxious Thoughts I'm Having



Uncomfortable Emotions I'm Feeling



Coping Strategies I Can Use



# Credits



Mather's Music

-Thank you for the shapes!



Creating4 the Classroom

-Thank you for the arrows!