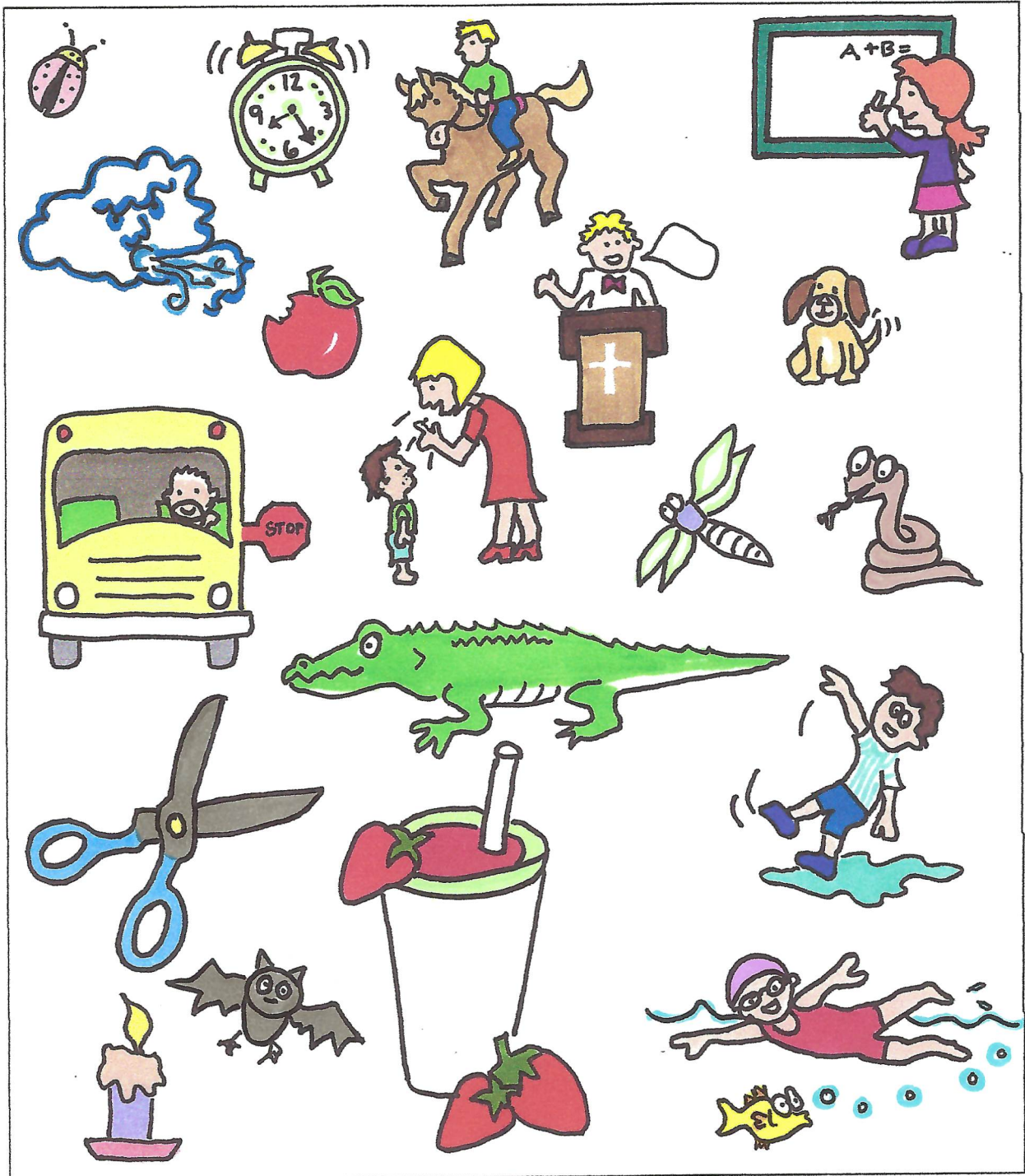


I SPY what makes me Nervous!

Try picking out 3 things that make you nervous to encounter. Now tell someone why and what you could change so you would not be nervous in that situation. Here are some ideas to get you started.

getting vaccines, large wild animals, spiders, walking in sand, swimming in a lake, doing something different, meeting people. . .



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