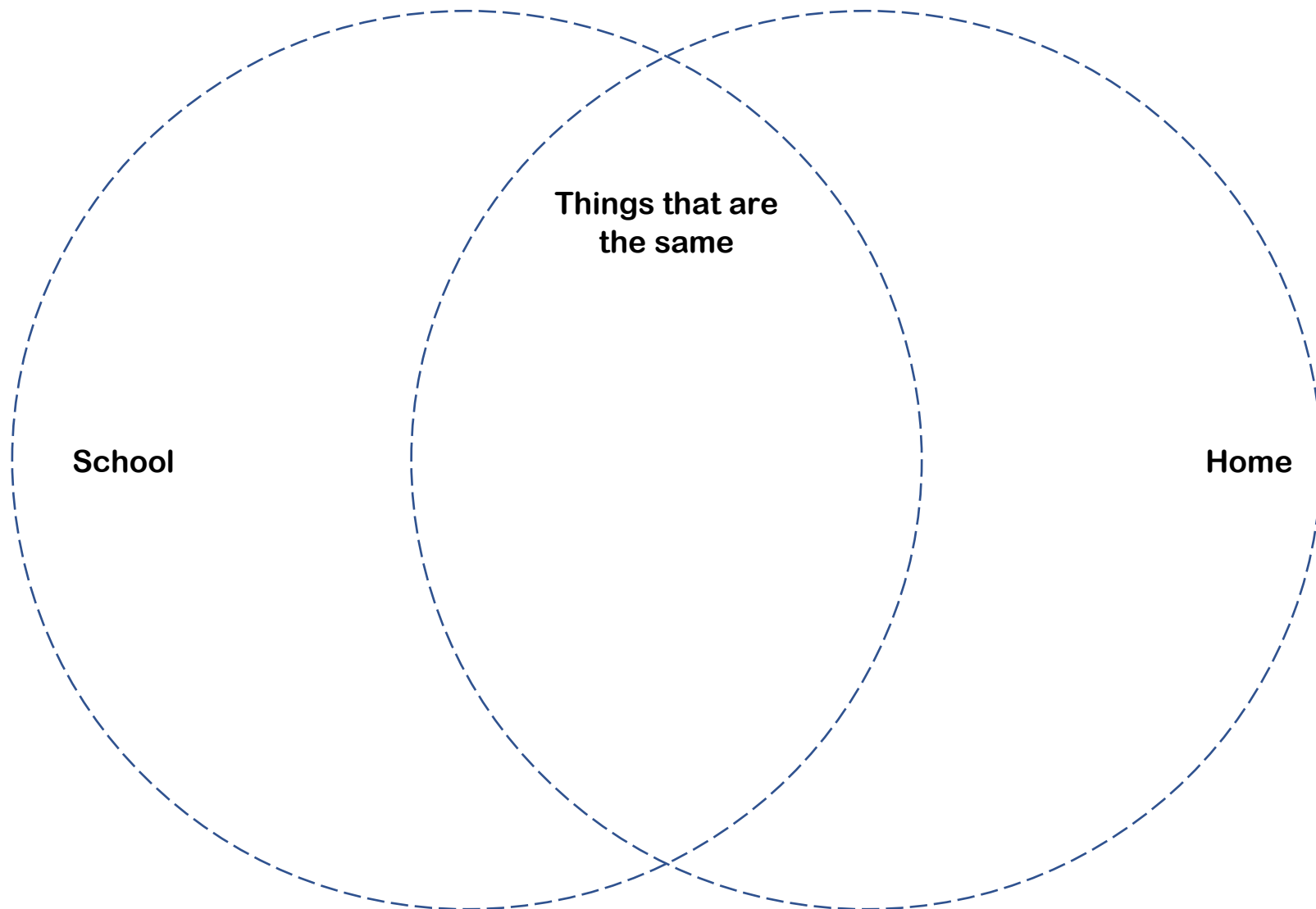


What will be the same and different?

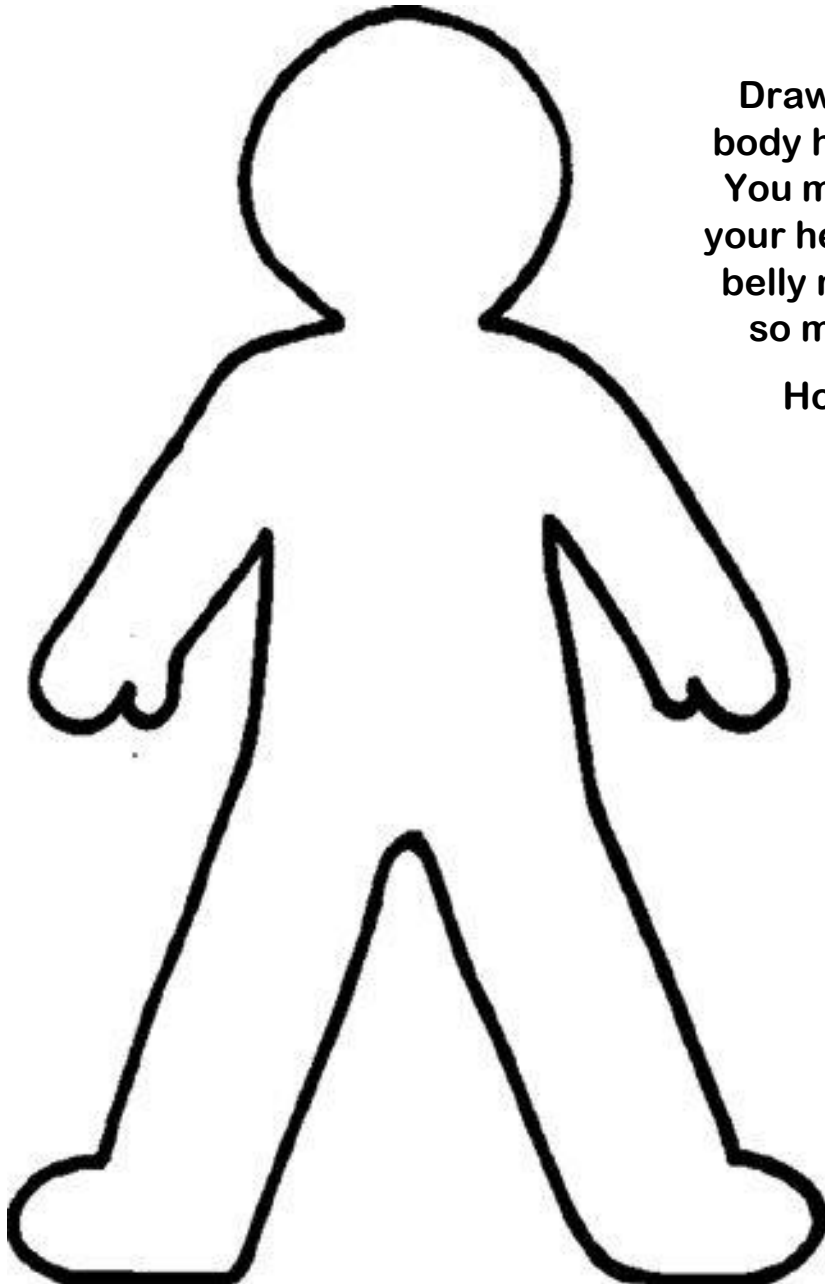


What I am a bit worried about:

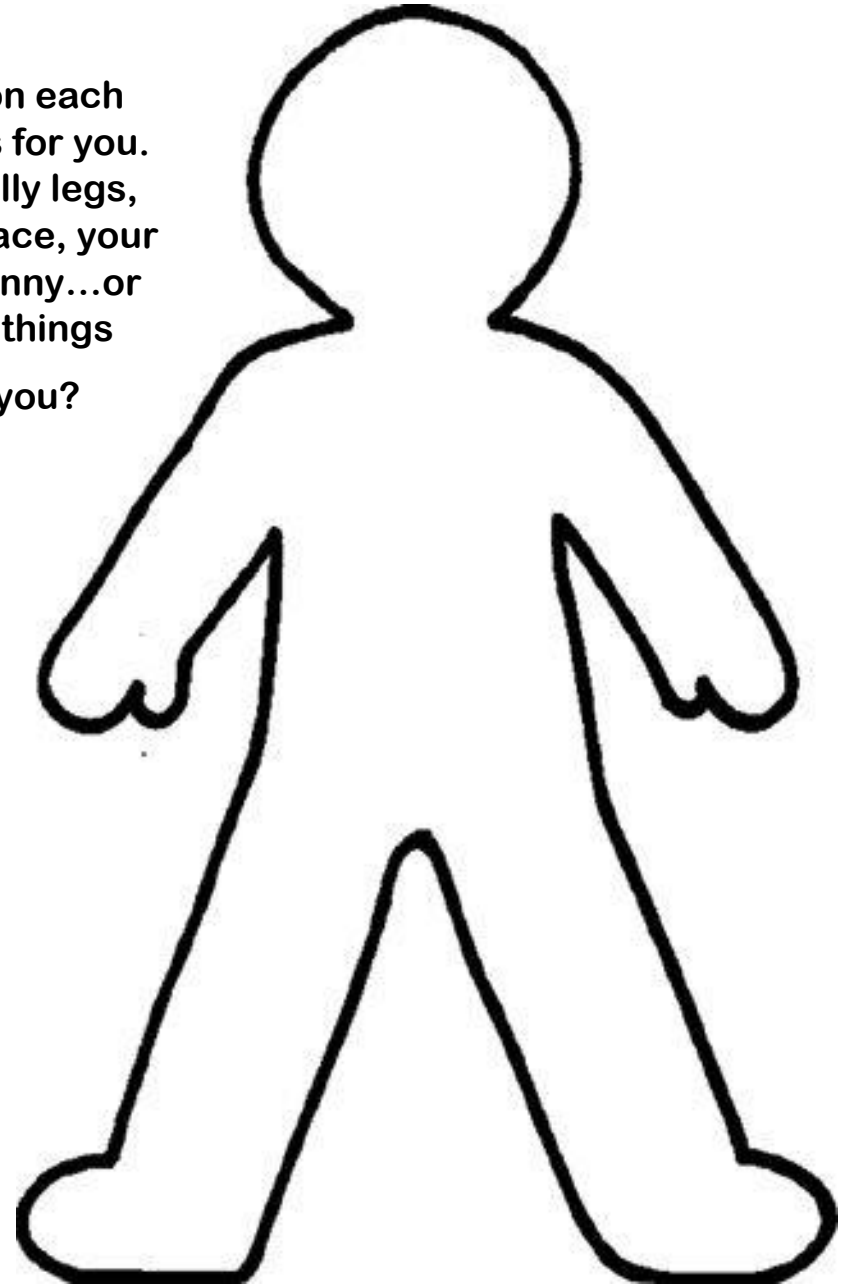
What I am excited about:

How does my body feel when...

...I am worried



...I am excited



Draw or write on each
body how it feels for you.
You might get jelly legs,
your heart may race, your
belly may feel funny...or
so many other things

How is it for you?

I am good at...

The good things about who I am are...

When I need help I can talk to...



