



Feeling Scared, Oh No!

I feel **scared**, Oh no, Oh no,
I feel **nervous**, Go slow, Go slow.
Take a **breath**, it's okay,
Scary feelings go away.

When it's **dark**, I hold on tight,
Sometimes new things feel not right.
Heart feels fast, but that's okay,
I can try a little today.

When I'm **nervous**, I can try,
Close my eyes and **breathe** a sigh.
I tell myself, "I'll be just fine,"
One small step at a time.





scared



nervous



scary



dark



breathe

Sight Words: sing play move from key

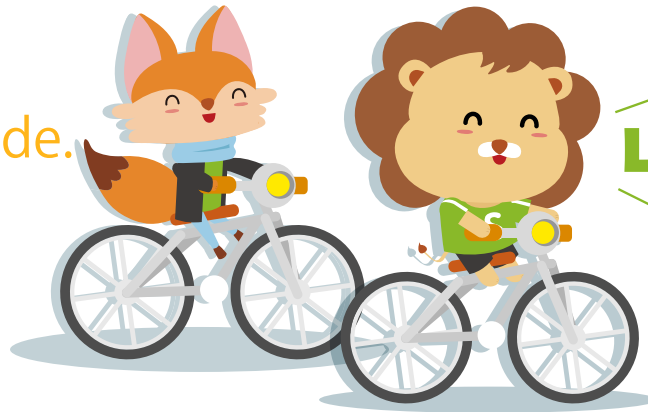
sing

I love to sing songs.



play

Let's play outside.



Let's go.

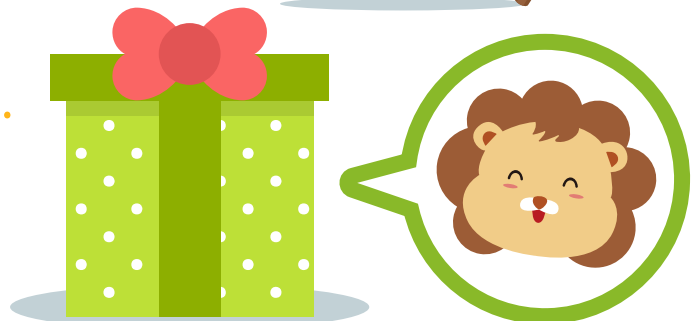
move

Please move your chair.



from

This gift is from me.



key

I found the key.



Phonics “-art”



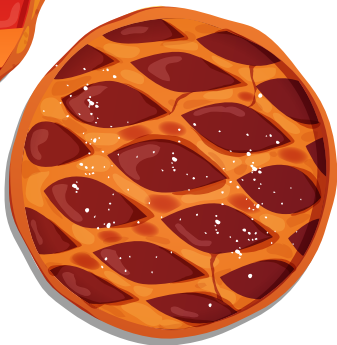
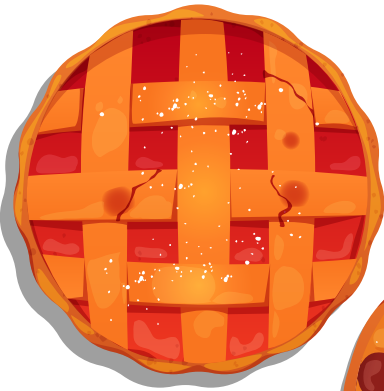
part



heart



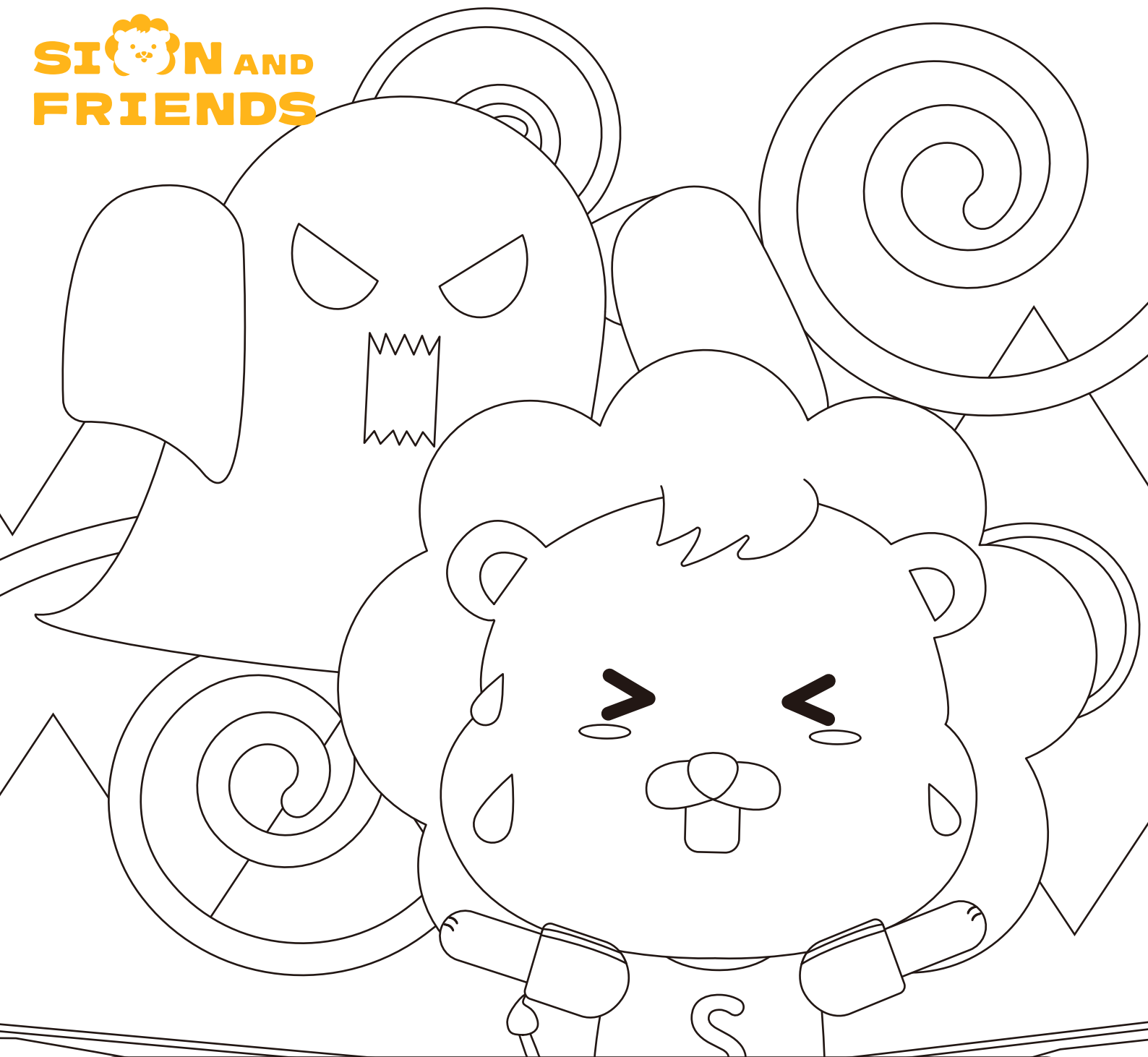
cart



tart



kart



Feeling Scared,

Oh No!