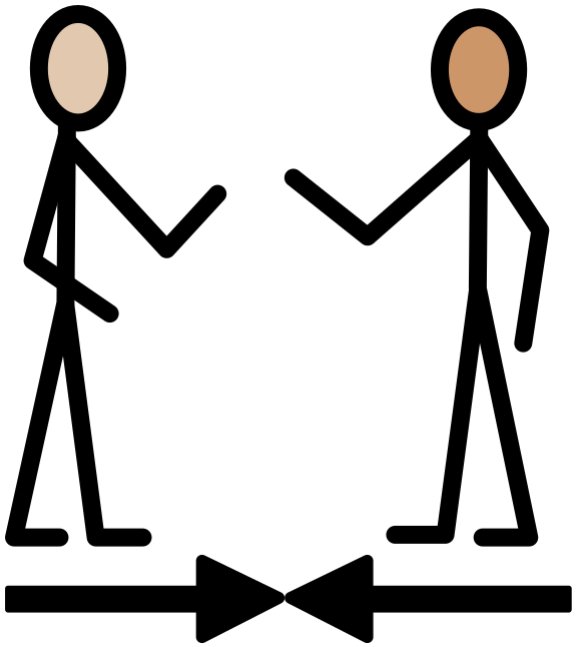
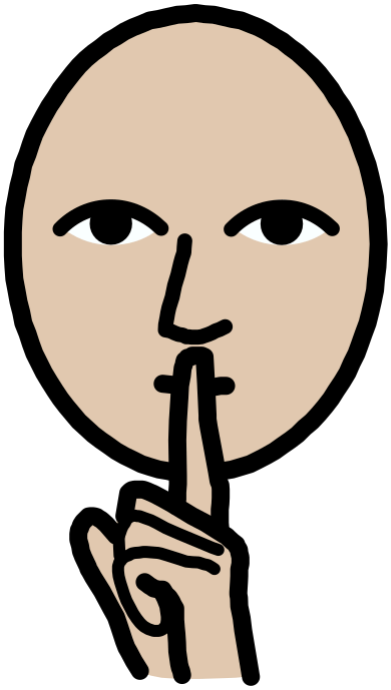
Feeling shy



Sometimes, I meet new people or go to new places.

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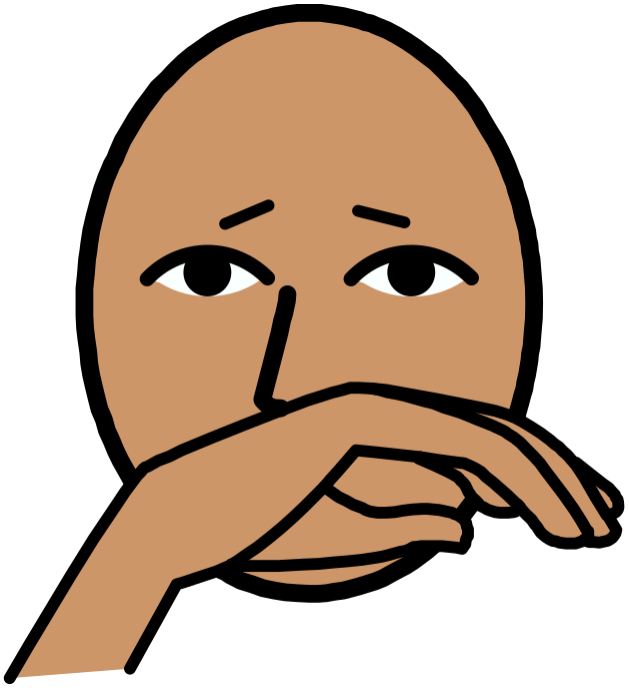
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When this happens, I might feel a little quiet inside.

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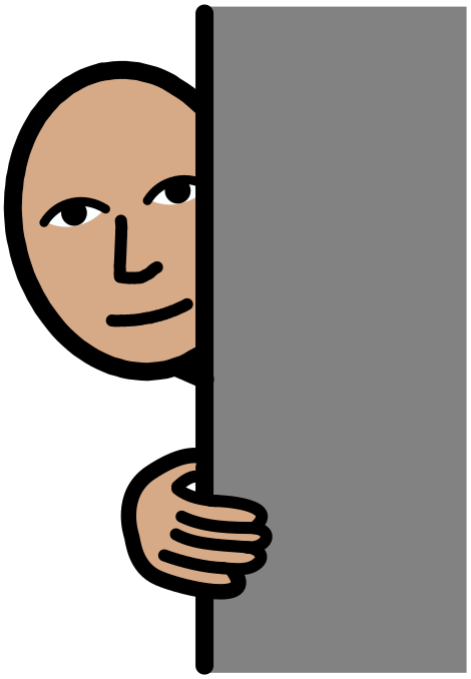
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This feeling is called shy.

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When I feel shy, I might look down, hide behind someone, or not want to talk.

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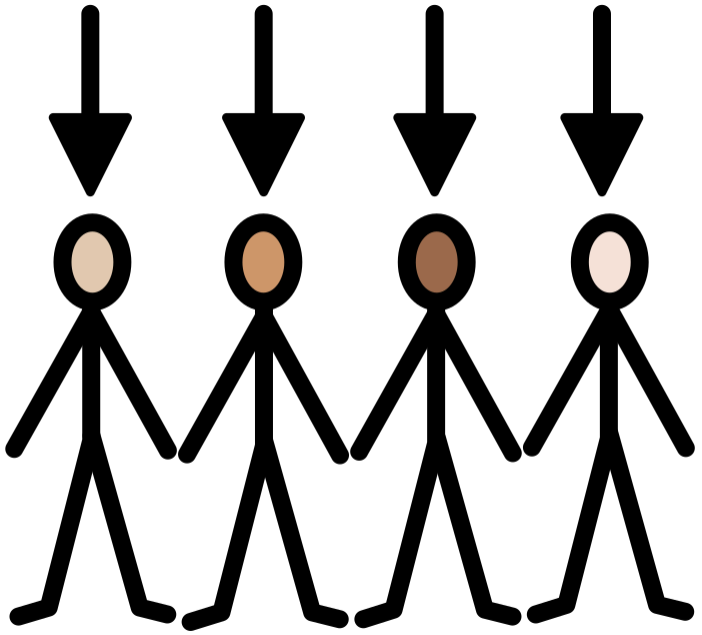
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My body might feel warm or tingly, and I might want to stay close to someone I trust.

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Feeling shy is okay. Everyone feels shy sometimes.

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Being shy just means I need a little time to feel safe and comfortable.

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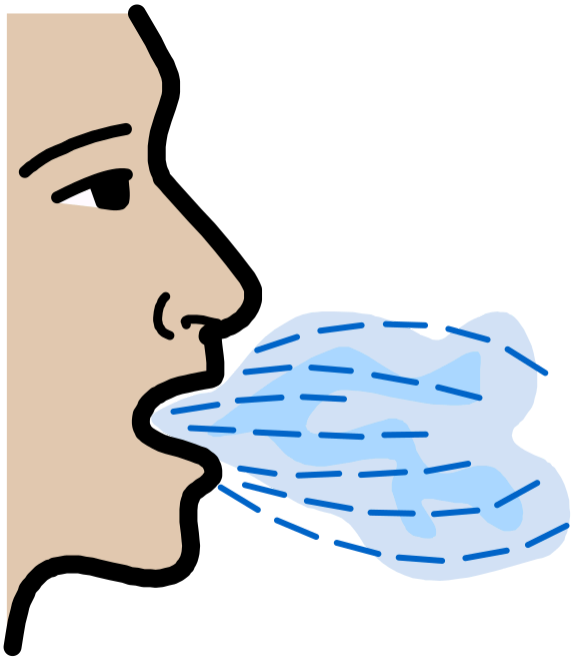
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It's okay to feel shy.

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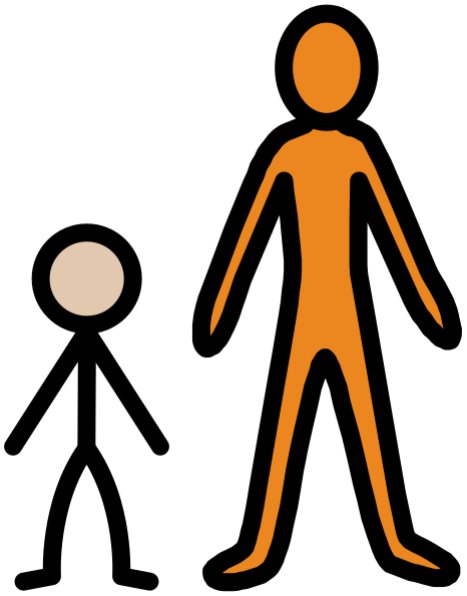
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When I feel shy I can take a deep breath.

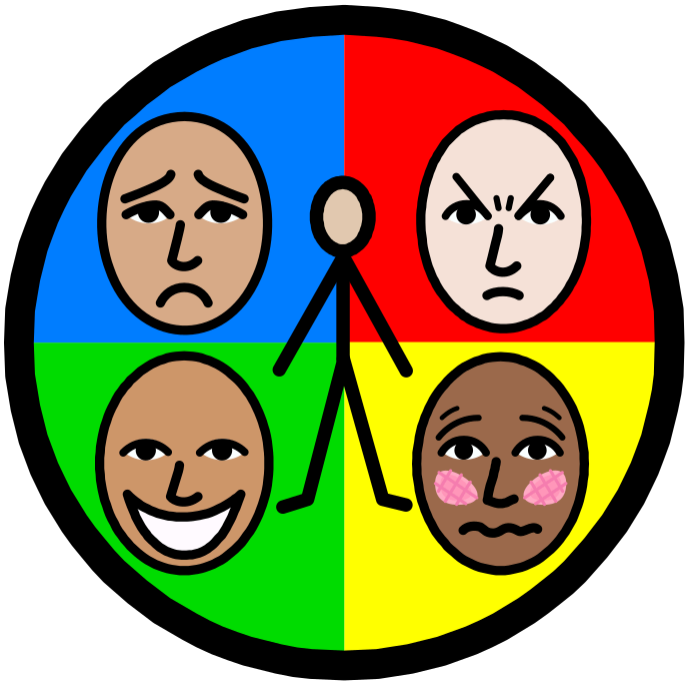
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I can tell an adult how I am feeling. The adult can help me.

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I can use my Zones Tools to help me.

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When the feeling passes, I can keep doing my work or playing again.

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