

Name: _____

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I Have Squirrels in My Belly - Medium Level

Circle or highlight the hidden words from the word bank.

M O G G N D T X I Q Y B R E A T H E Q N
K S R B Y V E H I C J C S J E G U A D I
Q C D B T Y G T S Z Z V B U D U B O G Q
J S T C R J Y Q J N A J O R C C Z T A M
C T R A A P Z H V M I N D M A H O C G V
N N R N N O P I N V I S I B L E Y N P X
Q K K Y S W J Z I L Y O X Y M T K K L X
N G S A I O Q T M S Q U I R R E L S R T
R H T S T R A T E G I E S H Y P D J R S
Z V O Z I R U O A I R B D B X E U N E Z
J E M T O I M B R Y H F A F O G Q J X X
C X A Z N S V N L B M Q Y X A M O D F M
U P C B K O N N O S M T X X F Y E E Y X
O C H R R M T E T Z E R O M O G C C H N
T Z T W S E F H Z I G F E Z N A L D T S
J Y H O X A G W X H E H Y A R B Y Q Y Z
K L E V S U Z N W C I Z H C C T O J T B
W B O Q O D A U O J N C N O Z T E R G B
Z E Q H O B S G Q K V T C O N T R O L X
O G T B J Y X Z Z V Q T S Q P I S T K A

ANXIETY
CONTROL
REACT
STRATEGIES

BREATHE
INVISIBLE
SAFE
THOUGHTS

CALM
MIND
SQUIRRELS
TRANSITION

CHANGE
RACE
STOMACH
WORRISOME