

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