

30-DAY CHALLENGE INCLUDED

THE ANXIETY RELIEF GUIDE FOR TEENS

TOOLS AND TECHNIQUES

FOR
CONQUERING ANXIETY

Jaxon Wilder



Anxiety Relief Guide

R Pring



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reporting time in school 7 00 am sharp assembly hall leave for fun land paradise

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web 1 address the letter address the letter write the letter to the parents by stating dear parents 2 announce the picnic announce the picnic begin the letter by stating that the school is planning a picnic inform the parents whether it is for students only or if parents are also encouraged to come 3 explain the purpose of the picnic

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web this is for your kind information that the school has organized a fun filled picnic for classes iii to x on friday 27th may 2016 the venue for the picnic will be shamsi farmhouse the students will be under the supervision of the senior staff as well as their concerned class subject teachers

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