



| HOPES | AND | I'm looking forward to | |
|---|---|------------------------|--|
| | FEARS | | |
| experience for y | ward Bound is a completely new ou, you may feel both excited and our upcoming adventure. This is ral. | | |
| | oout the things you're worried about and the things . Write these down next to the appropriate face. | | |
| You may like to discuss and share your thoughts with a friend, parent or a teacher. | | | |
| | | I'm worried about | |
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