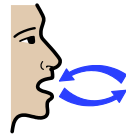


Square



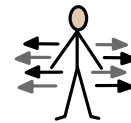
Breathing



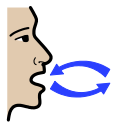
When we feel worried or scared, our brain and



our body panic.



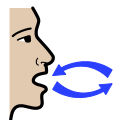
Our heart beats really fast and our body feels shaky.



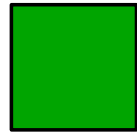
Breathing helps our body to stop panicking and



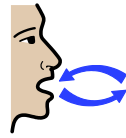
feel calm again.



Here is a breathing activity for you to try.



Square



Breathing

- Find start
- Use your finger to trace around the square.
- Breathe in and out slowly when the square tells you to.
- Keep going until you feel better.

