

Sometimes I might feel scared or worried. This is called anxiety.



When I have anxiety, breathing slowly can help me feel better.



I should breathe in through my nose, and out through my mouth.



I should count to 7 when I breathe in, and then count to 7 when I breathe out.



I should keep breathing like this for at least one minute.



When I take deep breaths, it helps my body feel calm.

