



What Can I Do When I Feel Afraid

Belly breathing: This is the single most powerful technique to help kids calm down quickly and stabilize their nervous system.

Demonstrate to the child first.

1. Hold a pretend flower to your nose as if you are smelling it.
2. Take a deep breath, expanding your belly as you breathe in for a count of 3 – 4 seconds.
3. Hold your breath for two to three seconds.
4. Exhale slowly by blowing on the flower with a breath strong enough to bend it over.
5. Exhale for a count of 4 -6 seconds.
6. Repeat 3 – 4 times.

Breathing Hugs

Hold your child closely.

Take a deep breath and let it out slowly.

Repeat 3 times.

You can feel your body relax as you do this wonderful breathing together.

