

When I am worried...

I CAN

COUNT TO FIVE ON MY FINGERS WHEN I
BREATHE IN, AND AGAIN WHEN I
BREATHE OUT.

I CAN

PRETEND TO SMELL FLOWERS
AND BLOW OUT CANDLES
WHEN I BREATHE.

I CAN

GIVE MYSELF A HUG,
SQUEEZE TIGHT!

I CAN

TAKE A MINDFUL WALK

I CAN

SING THE WORDS TO MY
FAVOURITE SONG



3 Steps to Worry Less

1. Figure out what
you are worried
about

2. Think of ways to
make it better

3. Ask for help
Sometimes we need help to make
it better. Ask an adult!