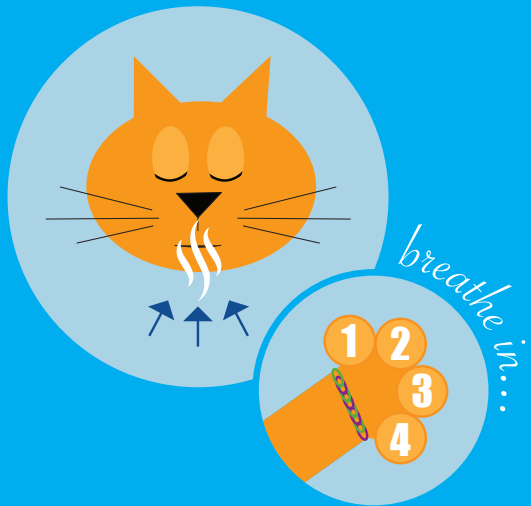


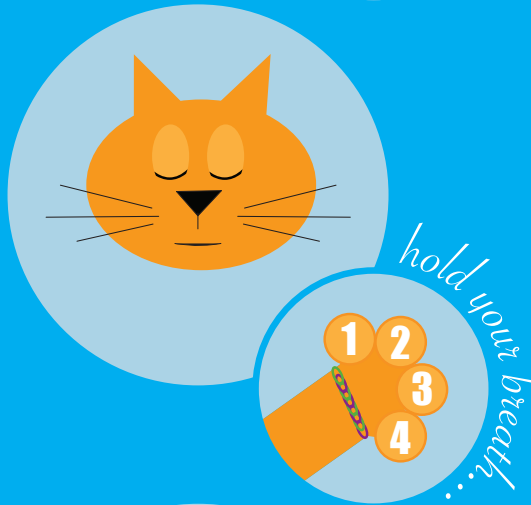
# Fantastic4's

Sometimes children and adults, get nervous, panicky worried and stressed. It's perfectly normal, but not a nice feeling; breathing can help some people with this.

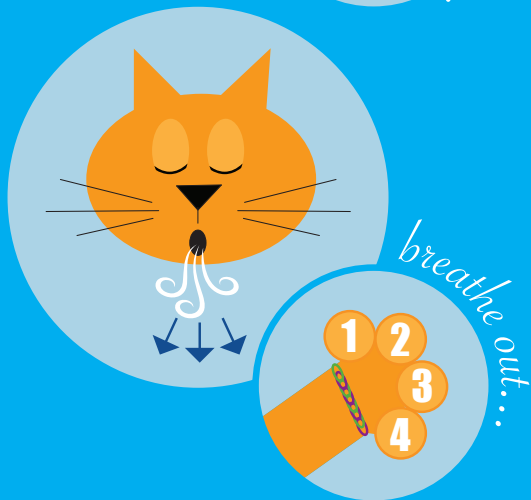
Breathing can help us to calm ourselves down and relax. We've got a simple breathing exercise for you, that anyone can do, and some people have found helpful.



**Step 1**  
**Breathe in**  
**counting to 4**



**Step 2**  
**Hold your breath**  
**while counting to 4 on your hand**

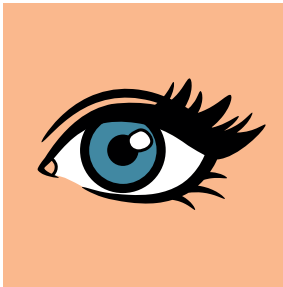


**Step 3**  
**Breathe out**  
**while counting to 4 even slower**

Why not have a go at learning the 'Fantastic 4's', just like Duck did? If you ever feel nervous, panicky, worried or stressed you can give it a try. It might just help you!

# 5 4 3 2 1

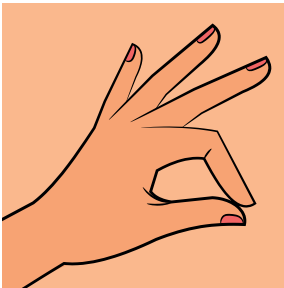
Try this grounding technique when you feel an anxiety attack coming on.



Name 5 things you can see

.....

.....



Name 4 things you can touch

.....

.....



Name 3 things you can hear

.....

.....



Name 2 things you can smell

.....

.....



Name 1 things you can taste

.....

.....



# A B C

Look around you and list something you can see beginning each letter of the alphabet - see how far you get.



A .....  
B .....  
C .....  
D .....  
E .....  
F .....  
G .....  
H .....  
I .....  
J .....  
K .....  
L .....  
M .....

N .....  
O .....  
P .....  
Q .....  
R .....  
S .....  
T .....  
U .....  
V .....  
W .....  
X .....  
Y .....  
Z .....

