



# Exercises/techniques we can use

This activity is designed for you to do with your child.

Here you can learn together some things that might help you if you feel your emotions and feelings are a bit too strong or tricky for you to deal with.

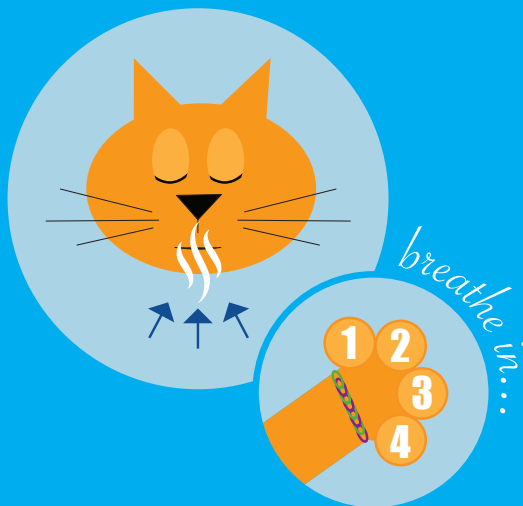
Try the exercise/technique on the following page.

- [Fantastic 4's](#)

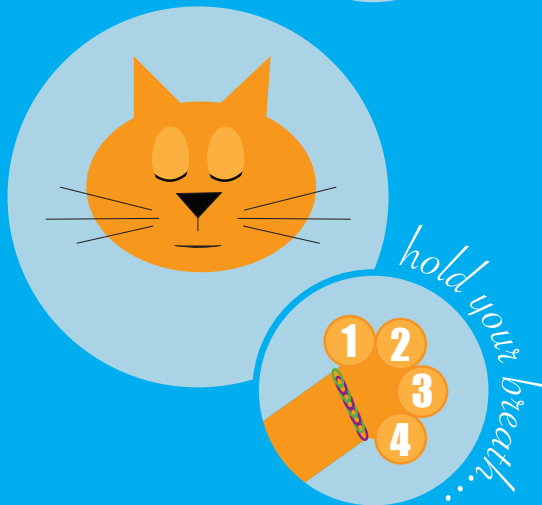
# Fantastic4's

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.

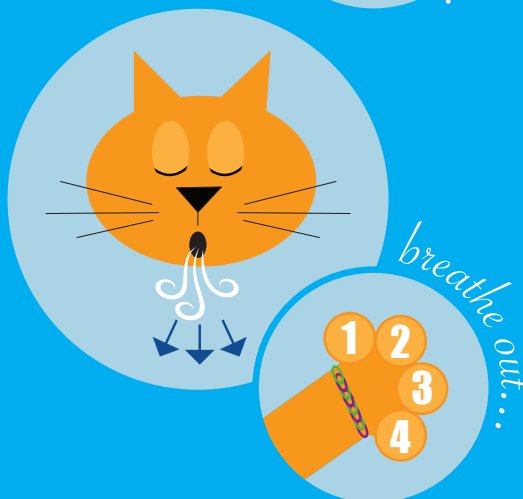
Breathing can help us to calm ourselves down and relax. We've got a simple breathing exercise for you, that anyone can do, and some people have found helpful.



**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!