

Kona Kids Podcast

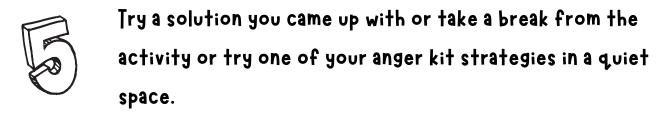
Season One Episode 8 Slowing Down Your Thoughts

Sometimes things seem like an emergency when it's not.

We can slow down our thoughts using these simple steps:

- (1) Stop.
- Take a HUGE breath. This helps your body to relax and remind it that there's no emergency.
- Start thinking about what was happening before your thoughts started to get really fast.
- What are some ideas about how we can fix it by ourselves?

 Or who can you ask for help?



*Anger kit on page 33