



# 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.**

2

**Take a HUGE breath. This helps your body to relax and remind it that there's no emergency.**

3

**Start thinking about what was happening before your thoughts started to get really fast.**

4

**What are some ideas about how we can fix it by ourselves?  
Or who can you ask for help?**

5

**Try a solution you came up with or take a break from the activity or try one of your anger kit strategies in a quiet space.**

\*Anger kit on page 33