



Kona Kids Podcast

Season One Episode 36

Stage Fright



Stage fright is a very normal emotion when you are doing something in front of people.

Hand breathing:



Breathe in.... hold.... breathe out, put down one finger.

Breathe in.... hold.... breathe out, put down one finger.

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Breathe in.... hold.... breathe out, put down one finger.

Breathe in.... hold.... breathe out, put down one finger.

What kinds of things can you tell yourself to feel calm?

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Who can be your support? Buddy? Or what can you bring to remind you of that support?

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