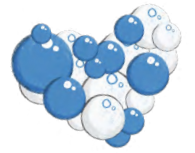


# WHEN THINGS FEEL STRESSFUL AND FRAZZLED!



It is totally normal for things to feel like they're derailing sometimes.

Here's a scientifically-based and super simple activity that is sure to help with all those tense and intense feelings:

**Tummy breathing** - taking notice of our breathing is one of the best ways we can calm our brains and body down - it's our amygdala that's causing all our worry and stress, and it needs oxygen.

It's likely your tamariki know lots about this already - tummy breathing and mindfulness activities are commonly practised as part of their school day. Get them to lead you through what they know such as [Tummy Breathing](#), [Body Scan](#) or [Hikitia Te Hā](#)



## Challenges are normal

If we expect difficulties, we're better able to plan around them.

**Sparklers**

When difficulties occur we recognise it's simply par for the course.

Expecting things to be challenging sometimes actually allows us to be more positive when they occur!