

# When you feel anxious or worried, do the **A.B.C.** Strategy!

## Here's how:

**A = ACCEPT**

**Accept How You Feel**

Accept what worries you  
or makes you anxious

**B = BREATHE**

**Breathe Slow and Deep**

Breathe slow, deep breaths when  
you feel worried or anxious

**C = CHANGE**

**Change Your Thinking**

Change the way you think  
about your worry or anxiety



**A.B.C.**  
*Worry Free*

# When you feel anxious or worried, do the **A.B.C.** Strategy!

Here's How:

## **A=Accept How You Feel**

Example: I am worried about making mistakes or saying the wrong answer.

## **B=Breathe Slow and Deep**

Examples of breathing exercises to calm your body and mind:

1. Balloon Breath: Place one hand on your chest and one hand on your belly. As you breathe in for 4 seconds, feel your chest and belly get bigger like a balloon inflating. Breathe out for 6 seconds, feeling the fall of your chest and belly, as if deflating a balloon.
2. Hot chocolate, pizza or soup breath: Imagine inhaling the hot and yummy smell of one of these foods for 4 seconds, and then breathing out for 6 seconds to cool it down.
3. Rectangle breath: Trace a real or imaginary rectangular box, inhaling for 4 seconds on the short sides and exhaling for 6 seconds on the long sides.

## **C=Change Your Thinking**

Example: *When I accept that mistakes are a normal part of learning, I can correct them and make my brain stronger and smarter.*



## Now You Try!

### **A=Accept How You Feel**

What's something that's worrying you?

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### **B=Breathe Slow and Deep**

What type of slow, deep breathing will you do?

I will do \_\_\_\_\_ breath.

### **C=Change My Thinking**

What's a productive way you can think about your worry? (focus on a new way of thinking and/or a helpful step)

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