Hi there, Zoobi here! Can you remember what calm breathing is? Calm breathing helps you to focus on your breathing and forget what is happening around you. This may be a useful skill to use when you are feeling scared, sad or worried. Can you remember how to do calm breathing? If you are not sure, read through Steps 1-6 to refresh your memory.

**Step 1:**
To do calm breathing, you need to sit or lie in a comfortable position. Close your eyes and relax.

**Step 2:**
Take a deep breath in by breathing in through your nose.

**Step 3:**
Let it out slowly through your mouth. You can make a hissing sound (ssssssssssss) if you like. Try and relax your body while you are doing this.

**Step 4:**
You may want to say the word “calm” in your mind while you are breathing out.

**Step 5:**
Another way of doing calm breathing is to blow bubbles with a bubble blower. You will need to open your eyes to do this one!

**Step 6:**
Take a long, slow breath in and blow out slowly through the bubble blower. You may notice that as you breathe out, the scary feelings seem to go away.