

# Kevin's Candle Breath

Kevin Learns to Manage His Anxiety

1. Sit like Kevin and his mom.
2. Smell the flower: take a slow, gentle breath in through your nose.
3. Blow out the candle: breathe out slowly and gently through your mouth.
4. Do it 3 times.
5. Ask yourself: "How does my body feel now?"



[psychlife.org/free/kevin-anxiety/](https://psychlife.org/free/kevin-anxiety/)

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Educational content; not a substitute for care from your child's doctor or a mental health professional. If you're in crisis, call or text 988.

988 Suicide & Crisis Lifeline (U.S.): call or text 988, or chat at [988lifeline.org/chat](https://988lifeline.org/chat). If there is immediate danger, call 911.