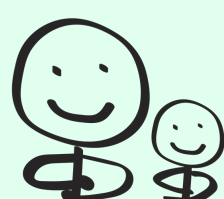




## BURN YOUR ANXIETY

### Who can do it?



Adults and Children 8 years + (with supervision)

### When can you do it?



When you feel anxious/stressed/restless/angry.

### How to do it?



- Draw or write the anxiety triggers on a piece of paper & burn it - Watch it burn & see ur anxiety release
- Then on a different piece of paper write/ draw how you feel right now

(Note: Please be careful while using fire as it can be dangerous. Supervise children during the activity)

### How will it help and expected outcomes?



- It will help you calm - normalising palpitations, breathing, sweating etc.
- It will channelize your mind and help you to relax, calm down your anxiety and anger.

### Resources required?

- Paper,
- Pen/colours
- Matchbox (Use with caution)

