

# Go with the flow

Extension for everyday lifesaver



Lifesaving  
education programs

When in an emergency, it is important to stay calm. This will help conserve energy if you are in trouble and reassure others when you are helping them.

## Instructions

- 1) Have participants find space on the sand/grass where they can lie down and feel relaxed.
- 2) Ask participants to breathe as if they had just run a marathon – what does this sound like? Are you relaxed? What happens when we panic? How can we control our feelings and emotions so that we don't panic?
- 3) Now practice controlled breathing. Place your hand on your tummy and feel it rise and drop slowly. How do you feel now? Do you feel ready to take on a challenging scenario?



## 5, 4, 3, 2, 1 coping technique

- 5) Acknowledge FIVE things you see around you.
- 4) Acknowledge FOUR things you can touch around you.
- 3) Acknowledge THREE things you hear.
- 2) Acknowledge TWO things you can smell.
- 1) Acknowledge ONE thing you can taste.

