

When something seems overwhelming

There's a saying which goes:



Eat the elephant one bite at a time.”

This doesn't mean you are actually expected to eat an elephant! It means that you should try to tackle big things one step at a time.

If there is something you want to do which feels daunting, break it down into small steps.

Then spread the things you have to do over a period of time – maybe a few days or weeks.

You can use this technique with things like homework, or learning lines or trying a new piece of music if you play an instrument or want to try a new sport.



**One step
at a time.**