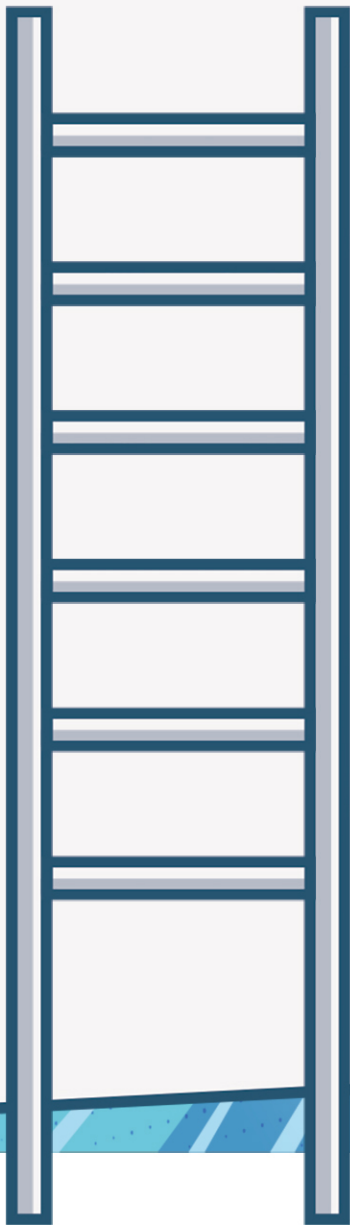


FEAR LADDER

HAVE YOUR CHILD MAKE A LIST OF THINGS THAT SCARE OR WORRY THEM. PICK ONE FEAR TO FOCUS ON THIS WEEK. SET A SERIES OF TASKS TO COMPLETE OVER THE NEXT WEEK OR TWO, ARRANGE THE TASKS FROM THE LEAST SCARY (0) TO THE MOST SCARY (10).



STEP	ACTION	RATING
STEP 6	Ask a group of friends to play together (be the leader)	10 Most scary
STEP 5	Ask a friend to play at recess	8
STEP 4	Ask to sit with a friend at lunch	7
STEP 3	Ask a friend a question	5
STEP 2	Say "Hi" to 3 friends	4
STEP 1	Make eye contact with 3 people	2 Least scary

STAR BREATHING

START AT ANY "BREATHE IN" SIDE, HOLD YOUR BREATH AT THE POINT, THEN BREATHE OUT. KEEP GOING UNTIL YOU'VE GONE AROUND THE WHOLE STAR.





6

WAYS TO HELP YOUR CHILD OVERCOME THE FEAR OF FAILURE



1

CHANGE YOUR ATTITUDE ABOUT FAILURE

- Be mindful of **your own** responses to mistakes and failure. Talk about what you've learned, and be willing to pick yourself up and try again.
- **Encourage** and **celebrate** your child's mistakes as learning experiences.



2

EMPHASIZE **EFFORT**, NOT ABILITY

- Emphasize **effort** (and process) over ability (and the outcome).
- When they struggle, discuss **specific strategies** that might work next time.



3

DEMONSTRATE **UNCONDITIONAL** LOVE

- Make it clear that you **love** your child unconditionally, even when they make mistakes or use poor judgment.