



WORRY LADDER



A worry ladder can help you manage some of your worries.

It can help you think of small steps you can take to try and face deal with something

Imagine you are afraid of spiders You really want to go to your friend's birthday party but it's going to be at the zoo and the plan is to meet some of the animals (and your friend loves spiders!!)

What could you do to help you feel more comfortable about going to the party (and have a good time).

You could start by looking at pictures of spiders...

Notes for parents and carers

- Draw a ladder with your child. At the top of the ladder write a goal to do with a specific worry.
- Think with your child of steps they could take to reach the goal.
- Write each step on the ladder.
- Give each step a rating with 5 being the scariest and 1 being the least scariest.
- Start at the bottom with the first, least scariest step.
- Build up slowly. Give them lots of encouragement. Once they feel comfortable at each step, celebrate their success and plan for the next one. If they are finding it tough praise them for trying and don't pressure them.
- When they are ready, try the next step.
- And so on, until they reach the goal...
- Celebrate their achievement!



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