Hopping Down the Worry Path

Pretend you are Buster the Bunny. You are a hungry bunny. Every time you face something scary, you move one step closer to the carrot garden.

If I keep moving forward I will get to the end. I'll just take small steps! Here I go!

Step1: ________________________________

Step 2: ______________________________

Step3: ______________________________

Step4: ______________________________

Yahoo!!! I faced my fears, and reached my yummy carrot!
Notes about Activity:

Important!

- Read through *Helping Your Child Face Fears: Exposure* guidelines for instructions on how to do this activity (as well as examples of Fear Ladders for different fears/goals)

- This activity is best done after your child is familiar with anxiety, can recognize his symptoms, and has learned how to use the *Fear Thermometer*.

Goals of this Activity:

- To slowly introduce to young children the idea of taking small steps towards goals
- To track progress and build confidence through success
- To give opportunities for praise and rewards!

Hint: Make sure the steps are not too far apart! Remember, you can create several new "Worry Paths" and build on smaller goals!

For example:

**Goal = Sit on the edge of pool next to mom** (working towards larger goal of overcoming fear of water/swimming)

- **Step 1.** Hold mom's hand and stand 5 feet away from pool
- **Step 2.** Hold mom's hand and stand 2 feet away from pool
- **Step 3.** Sit beside mom right next to pool, feet not touching water
- **Step 4.** Sit beside mom right next to pool, feet touching water