

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!

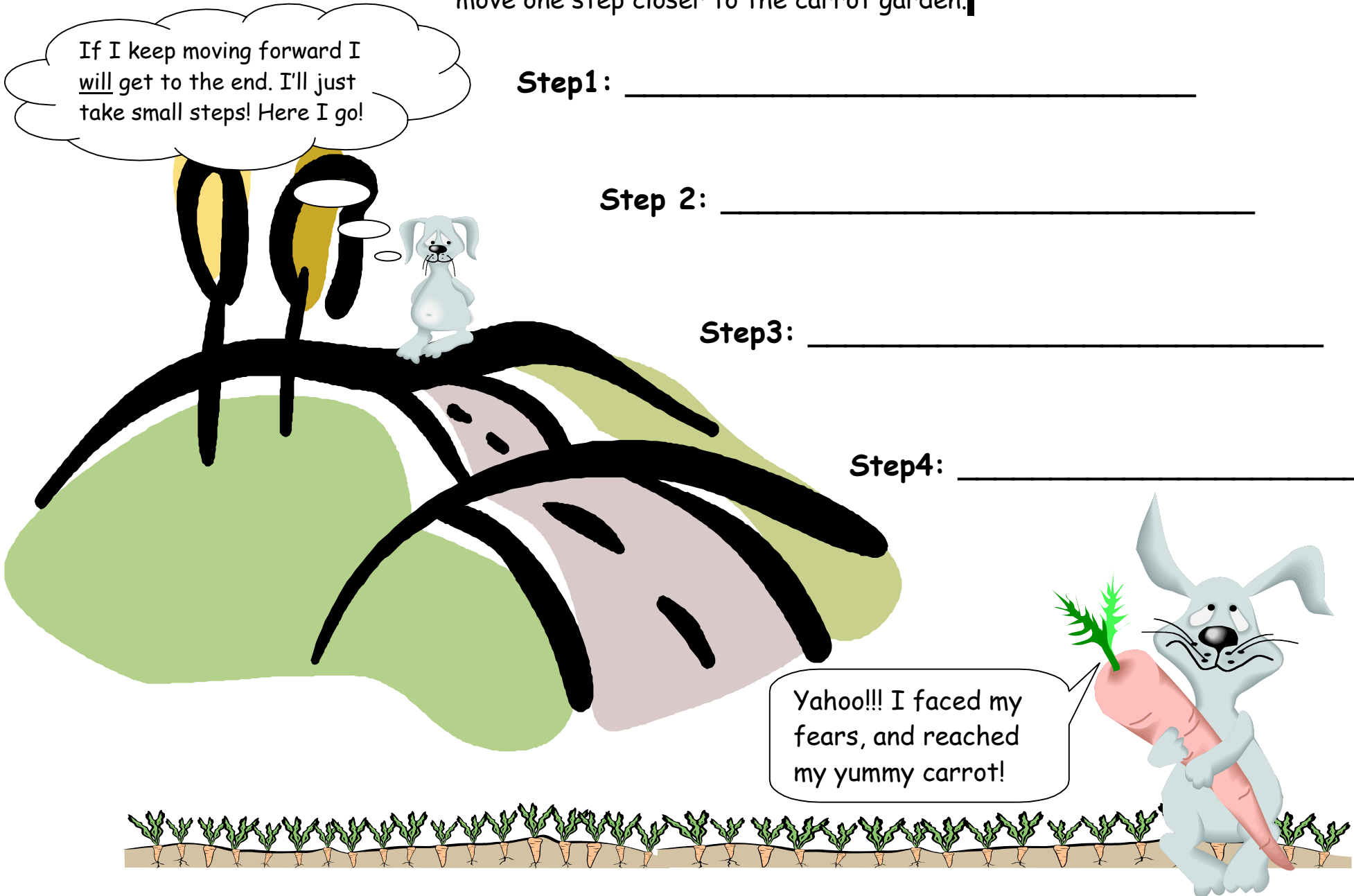
Step1: _____

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*