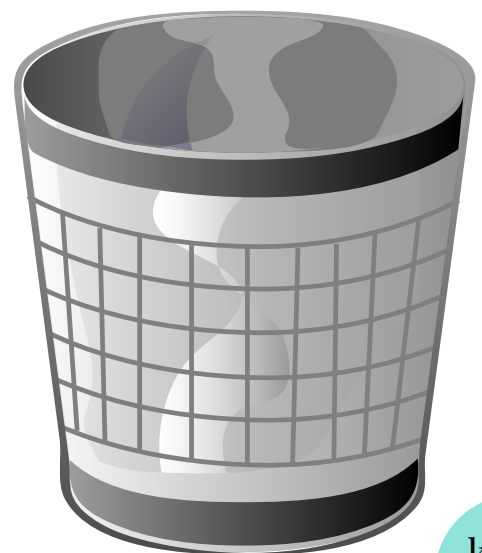


HOW I FEEL TRASH CAN BALL

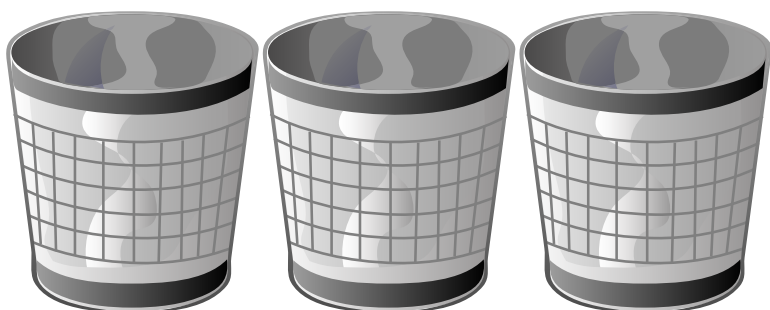
Before you build your bravery ladder, you can investigate which things make you feel scared. Play the How I Feel Trash Can Ball to figure out which things are scary and which things are not scary!

1. Set up the game using the visual instructions below!
2. Have your parent or therapist come up with the questions to ask. The questions should focus on areas that tend to cause feelings of anxiety.
3. Tip - to make the game extra fun, add in some silly questions like "eating cookies is..."

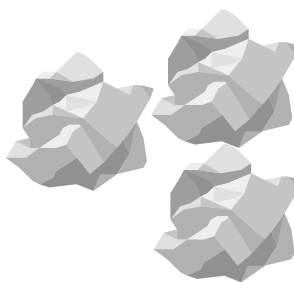


Step 1. Find 3 buckets. Trash cans work well for this game.

SET UP THE GAME!



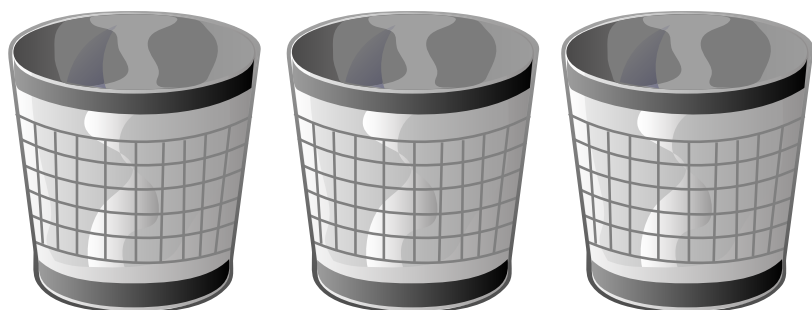
Step 2. Get balls! You can also make paper balls using old magazines or newspapers.



Step 3. Tape the signs on the wall above each trash can.



Step 4. Fill in the "How I Feel Trash can Ball" with the questions you want to ask.



HOW I FEEL TRASH CAN BALL

1	2	3	1.
1	2	3	2.
1	2	3	3.
1	2	3	4.
1	2	3	5.
1	2	3	6.
1	2	3	7.
1	2	3	8.
1	2	3	9.
1	2	3	10.
1	2	3	11.
1	2	3	12.
1	2	3	13.
1	2	3	14.
1	2	3	15.
1	2	3	16.
1	2	3	17.
1	2	3	18.
1	2	3	19.
1	2	3	20.



Step 5. You are ready to play!

HOW I FEEL TRASH CAN BALL

1 2 3 1.

1 2 3 2.

1 2 3 3.

1 2 3 4.

1 2 3 5.

1 2 3 6.

1 2 3 7.

1 2 3 8.

1 2 3 9.

1 2 3 10.

1 2 3 11.

1 2 3 12.

1 2 3 13.

1 2 3 14.

1 2 3 15.

1 2 3 16.

1 2 3 17.

1 2 3 18.

1 2 3 19.

1 2 3 20.

1

NOT SCARY



2

A LITTLE SCARY



3

VERY SCARY



1 NOT SCARY



2 A LITTLE SCARY



3 VERY SCARY

