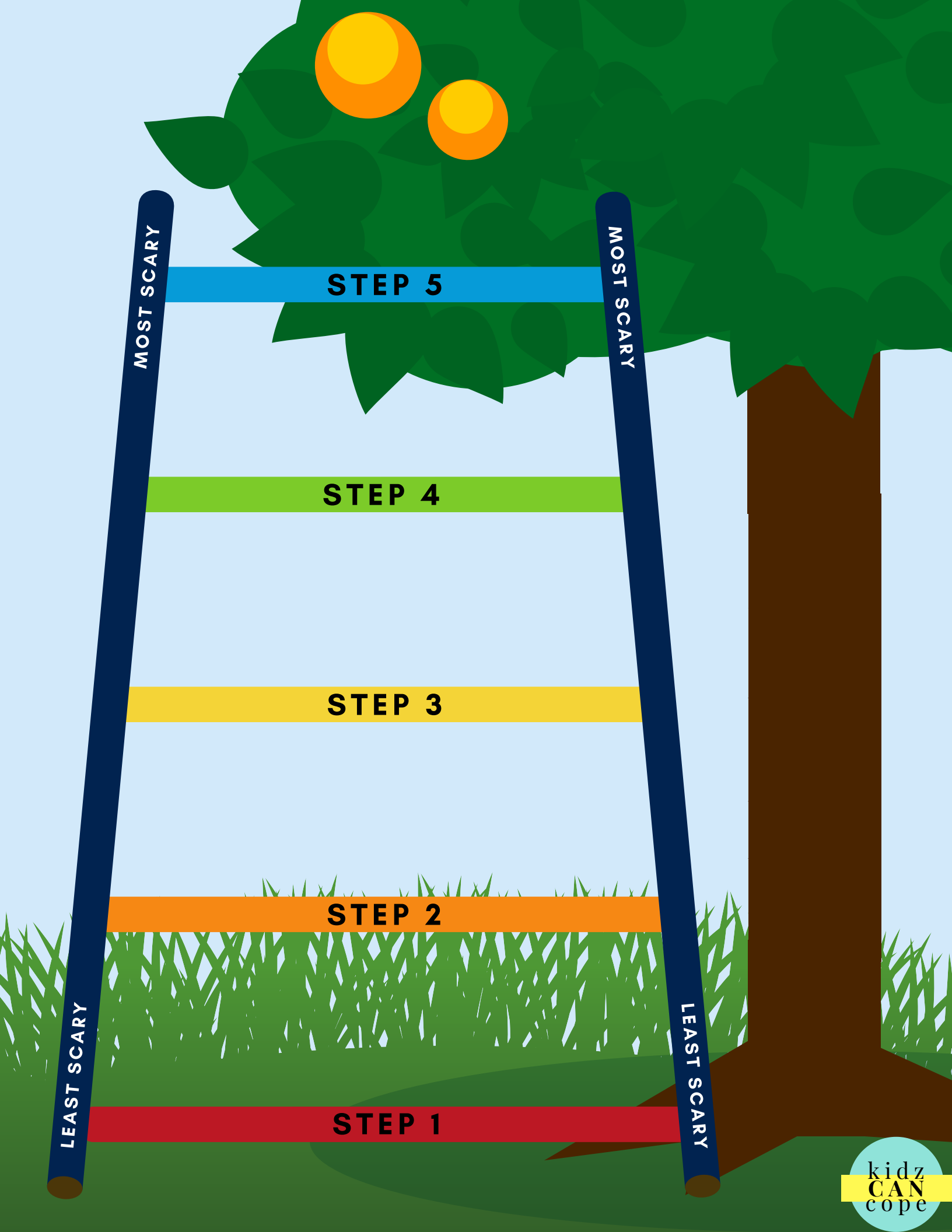


MY BRAVERY LADDER

When we feel anxious, we try and stay away from the things that scares us. In the short term, we feel better. But, avoiding the things that scare us makes our anxiety grow! Build your bravery ladder to figure out how to shrink your anxiety!

1. Talk about the bravery ladder. The first step on a ladder is just a little off the ground and doesn't feel too scary. The top of the ladder is way off the ground and feels scarier. In order to climb up to the top of the ladder, we have to overcome the steps before it.
2. Then brainstorm a list of things that cause anxiety.
3. Use the Feelings Thermometer to rate how much fear each thing causes.
4. Then, choose 5 of the feared things and rank them from least scary to most scary.
5. Finally, write one of the scary things on the "step" sheets based on the order, cut them out, and paste them on your bravery ladder.



MOST SCARY

MOST SCARY

STEP 5

STEP 4

STEP 3

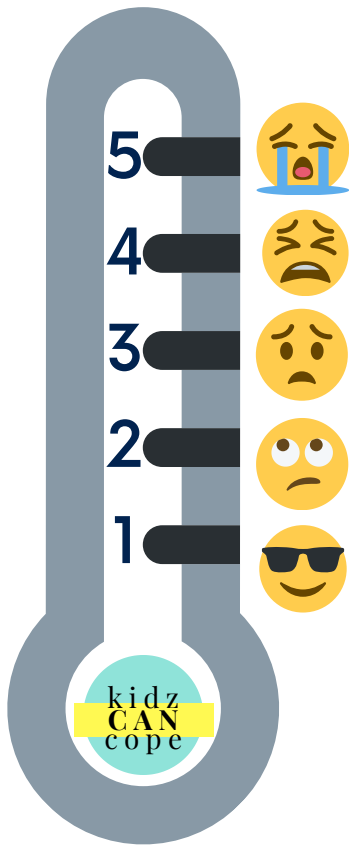
STEP 2

STEP 1

LEAST SCARY

LEAST SCARY

BRAINSTORM A LIST OF THINGS THAT CAUSE ANXIETY HERE



PUT EACH THING THAT CAUSES ANXIETY IN A BOX FROM LEAST SCARY TO MOST SCARY



STEP 1

STEP 3

STEP 4

STEP 2

STEP 5