HANDOUT A – IDEAS FOR A STEP-BY-STEP PLAN

ULTIMATE GOAL: ………………………………………………………………………………………….

Ideas for steps	How anxious my child will be (0-10)

HANDOUT B – STEP-BY-STEP PLAN
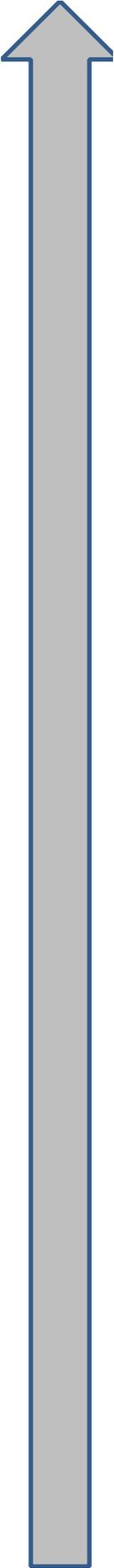
PREDICTION	ULTIMATE GOAL	ULTIMATE REWARD
PREDICTION	**STEP 9**	REWARD
PREDICTION	**STEP 8**	REWARD
PREDICTION	**STEP 7**	REWARD
PREDICTION	**STEP 6**	REWARD
PREDICTION	**STEP 5**	REWARD
PREDICTION	**STEP 4**	REWARD

PREDICTION	**STEP 3**	REWARD
PREDICTION	**STEP 2**	REWARD
PREDICTION	**STEP 1**	REWARD

HANDOUT C – KEEPING TRACK OF MY CHILD'S PROGRESS WITH THEIR STEP-BY-STEP PLAN

Date/Time	Which step did my child try?	What did they think would happen?	What strategies did I use to encourage them to 'have a go'?	How did it go? What did my child do?	What did they learn?