

Again, making this task fun by being creative about how you present the plan and using characters and colours to decorate it will help your child to feel a part of the plan-making. Create the structure for your plan first. For example, the plan could simply show a child moving up the steps of a ladder, or follow a rocket flying to the moon (stopping off at stars along the way; see figure 10.1) or a train going along a track (with the different steps marked as stations on the way to the final destination). Listen to what your child suggests and try to make the most of his or her interests. See the example provided below for some ideas.

Step 4: A step-by-step approach to overcoming fears & worries 133

Predictions

Steps

Rewards

5

4

3

2

1

Figure 10.1