



## 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 have your child choose a specific and realistic goal to work towards
- To learn how to break down goals into manageable steps
- To track progress and build confidence through success
- To give opportunities for praise and rewards!