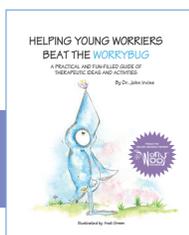


The Worry Winning Ladder

This activity builds self-confidence

- Have children list or tell you all their worries. If the child can count, tell him/her to rate each worry from 1 to 10 (big worries are given high scores and little worries given low scores). Younger kids who aren't sure of their numbers might just tell you whether the worry is big or little.
- Draw a ladder with several rungs and call it the WORRY WINNING LADDER—generally one rung for each worry mentioned plus an extra rung at the bottom for some worry you know they don't have (explained below).
- Place the worry you know they don't have (e.g.: fear of the pet dog) on the bottom rung.
- Put their lowest ranked worry on the next rung up. The other worries will go on higher rungs in ascending order as indicated by their worry rating score. The most important worry will sit on the top rung.
- Ask the child to distinguish between which worry is the worst, should several worries have the same score. When an adult points out to a worried child that they've already beaten the bottom one on the list (the least worrisome) this boosts the child's belief that they can beat others. They become motivated to tackle the more difficult worries. It also helps to develop self-confidence and a "can-do attitude."
- Give them your applause as they conquer the easy ones. This builds up their confidence to beat the next one on the ladder.
- Draw or write an incentive above the top rung as the prize for "beating their worries." This could be a trip to the zoo, a movie, a toy—whatever the parent and child decide.



Activity from The WorryWoo Companion Book
Helping Young Worriers Beat The WorryBug by Dr. John Irvine

Directions: Make a list of your worries. Then rate each worry from 1 to 10 -big worries are given high scores and little worries given low scores. Place these worries on the rungs of the ladder in ascending order with the least bothersome worry on the bottom rung. Cross out and date each worry when it has been conquered!
(Refer to p26 for full directions.)

WORRY LIST	Rating
	
	
	
	
	
	
	
	
	
	



Activity from The WorryWoo Companion Book
Helping Young Worriers Beat The WorryBug by Dr. John Irvine

WORRY
WINNING
LADDER
WORKSHEET
PART 2

PRIZE

DATE _____



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