



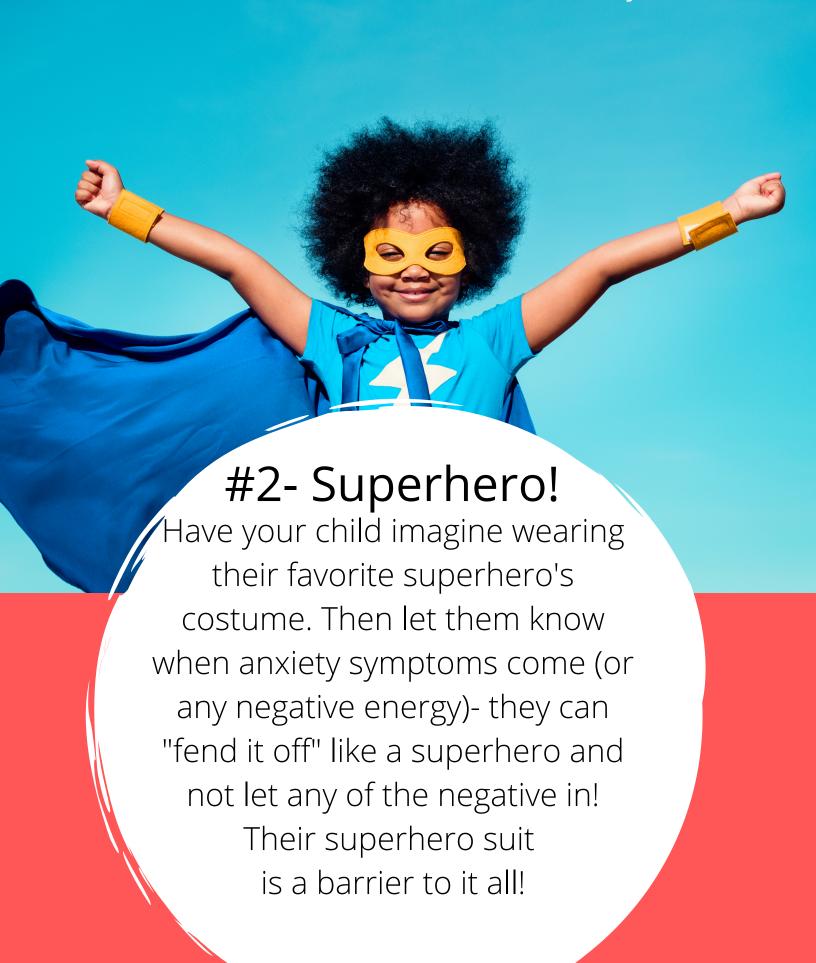
Have your child pretend they are the driver of a bus.

And the destination of the bus is your child's goal,
dream or place that makes them happy.

Let them know along the way, the bus will
make stops.

It is at these stops that anxiety can get on or off the bus as a passenger. If these "passengers" get too loud, the driver (your child) can tell them to sit down and be quiet, but need not focus on them. The focus is driving to the fun goal, place or dream!

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#3- Fly Away

Have your child imagine putting their fears in a balloon. This shows fear is not part of them, but instead shows them they can let go at any time

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#4 - Open Tabs

Imagine a computer with multiple tabs open. You don't worry about all the tabs that are open, you focus on the one that you are presently working on. The same with anxiety, it can be there, like an open tab, but you do not need to give it any attention...



