



Child Handout Workbook

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Who can use Take Action?

The evidence-base for Take Action has been established with the program being delivered by registered psychologists, clinical psychologists, school psychologists and school guidance counsellors who are trained and experienced in Cognitive-Behavioural Therapy (CBT). Therefore, Take Action is recommended for use by these mental health and educational professionals. This Child Handout Workbook should only be used in conjunction with the Take Action Practitioner Guidebook



You will learn the six steps in the ACTION plan during the Take Action program. Each step will help you to take action against anxiety. By the end of the program, you will have an ACTION plan to keep and use in the future.

A

Step One:

I can be **AWARE** of my Anxious Feelings and Body Signals.

C

Step Two:

I can keep **CALM** by doing On the Spot Deep Breathing and Move my Muscles Relaxation.

T

Step Three:

I can **THINK** Strong Thoughts.

I

Step Four:

I can get **INTO** Action by climbing the steps of my Action Ladder and rewarding myself.

O

Step Five:

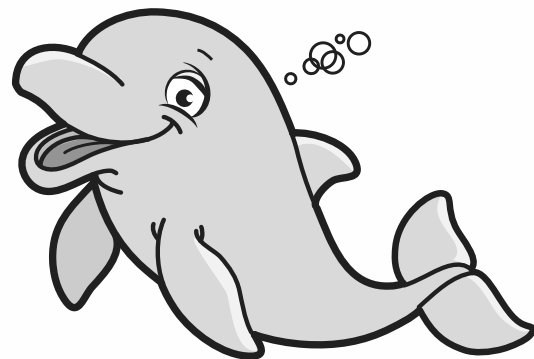
I can use my **OPTIONS** including Problem Solving, Strong Team, and to Focus on the Positives. I can use my social skills to be more Strong, Confident and Assertive, and Deal with Bullies.

N

Step Six:

I will **NEVER** stop taking action against anxiety.

You are learning to take action against anxiety so you can enjoy things more and be happy!



Be AWARE: Anxiety is a Good Alarm and a False Alarm

Anxiety is a common emotion that we all experience. Everyone feels scared or worried at some time — it is a normal part of life. Anxiety is a signal that there is danger. In the caveman days, it was very important for cavemen to get scared if they saw a sabre-tooth tiger so they could either fight the tiger or run away to safety.

That's a tiger.
He could eat me!
Should I run or fight?



Real DANGER!

As soon as the caveman saw the sabre-tooth tiger, the caveman's brain would send messages of danger to his body, making his heart beat fast and his hands cold. He might also sweat a lot and get butterflies in his stomach. These changes in his body would help him to take ACTION and survive because he could either fight the tiger if he had to, or run away from the tiger to safety.

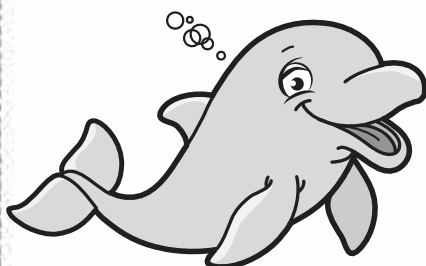
Children and adults get the same changes in their bodies today. If we have to fight or escape from a dangerous situation, our bodies change to help us to be strong and take ACTION. This is when anxiety is helpful! It is normal to feel scared when you are in real danger — just like the caveman.

Sometimes we have 'false alarms' and we feel scared in our bodies when there is no real danger. When there is a 'false alarm', we feel **Boiling Hot** on the Feelometer when we should feel **Cool** (this is happening to the boy below). You can be AWARE of these 'false alarms', by working out how anxious you feel on the Feelometer.

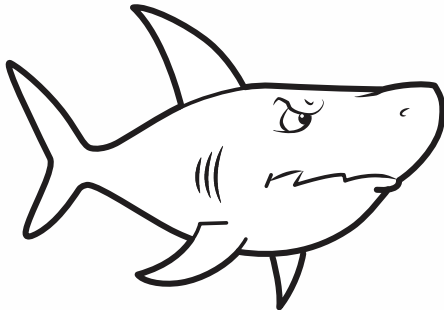
What if my friends
don't talk to me
tomorrow?



False ALARM



Anxiety is only helpful when there is real danger. Be AWARE of 'false alarms'.

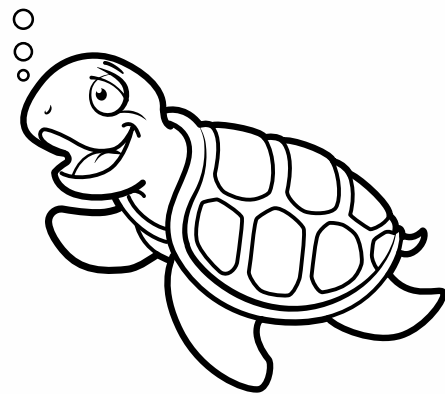


This is Shawn the shark

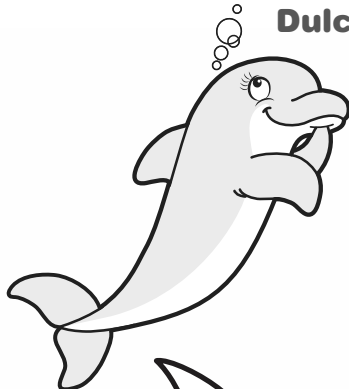
Shawn does not like it when he gets caught in a shark net. Shawn feels **ANGRY**. He yells and hits the shark net with his fins. Sometimes we feel angry like Shawn the shark.

This is Tommy the turtle

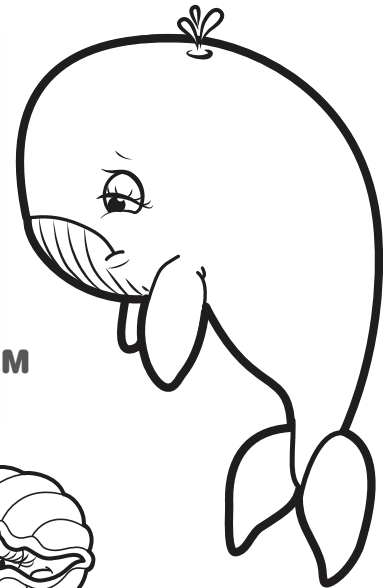
Tommy surfs the current in the sea. Tommy feels **CALM**. Tommy feels so cool when he surfs with his friends. Sometimes we feel calm like Tommy the turtle.



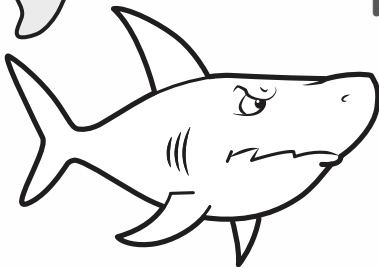
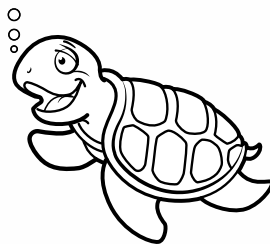
Dulcy feels HAPPY



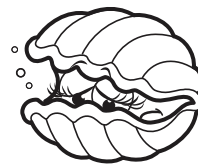
Wendy feels SAD



Tommy feels CALM

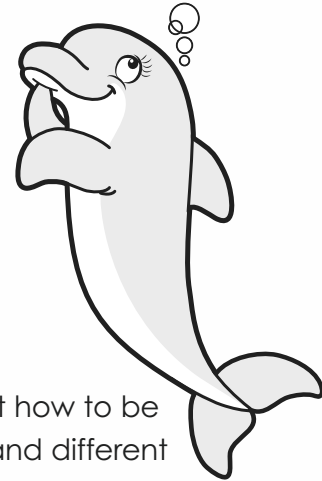


Shawn feels ANGRY

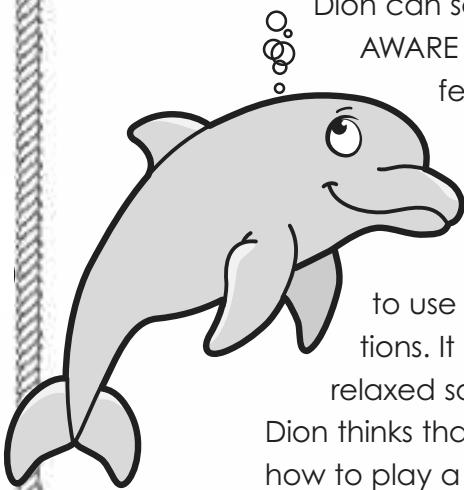


Claire feels SCARED

Congratulations! You have learnt two ways to keep CALM. Practise your On the Spot Deep Breathing and Muscle Relaxation whenever you are AWARE of feeling anxious!



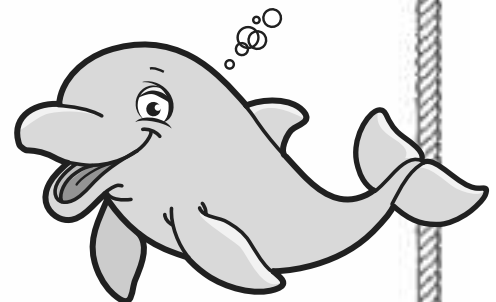
A Story from Dion



Dion can see that you have learnt about how to be AWARE of your Anxious Body Signals and different feelings shown on our faces. You can now use the Feelometer to help work out how anxious you are feeling. You also learnt about ways to keep CALM. Dion liked the On the Spot Deep Breathing and he is going to use this to help keep himself CALM in scary situations. It is also a good idea to keep your muscles relaxed so it is easier to take ACTION against anxiety. Dion thinks that learning how to keep CALM is like learning how to play a new computer game. If you practise every day, you will get really good at it.

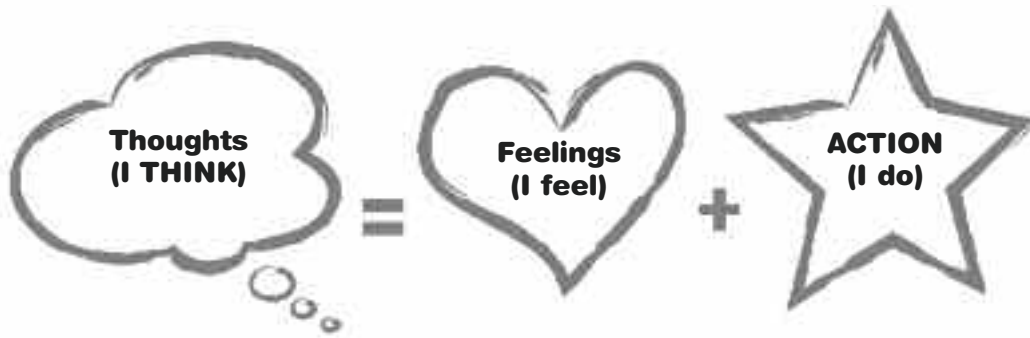
Activity

Dion would like to ask you what you have learnt during the Keep CALM step.



Write down your answers on the lines below:

Catching thoughts by being AWARE of Anxious Body Signals



You can catch Scared Thoughts by being AWARE of your Anxious Body Signals.

Activity

THINK of a time when you felt anxious.

I felt anxious when _____

Rate your Feelings on the Feelometer: _____

What Anxious Body Signals do you remember having? _____

What made you feel scared in that situation? _____

What did you think was going to happen in that situation? _____

What did you do when you felt anxious in that situation? _____

Story Two

Your friend wants to copy answers from a Maths test you studied hard for.

Step One: Tell the other person what you think the problem is

Step Two: Tell the other person how you feel about the problem

Step Three: Tell the other person a solution to the problem



Activity

Looking Ahead — NEVER Stop Taking ACTION

Think about scary times you still have now, or times in the future that you might find scary. An example of a future scary time might be starting a new grade at school. Knowing what some of these scary times might be means you can use your ACTION Plan when you need it! Write down some future scary times on the lines below.

Scary times might be: _____

Activity

For each of the six steps in the ACTION plan, write down the skills that will help you take ACTION against anxiety in the future.

A
C
T
I
O
N
