

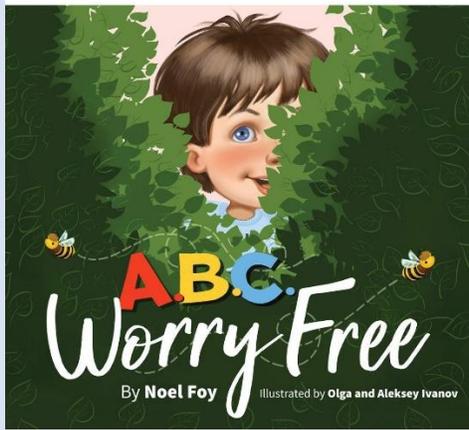


Coaching Activity on Managing Worry & Anxiety

For Parents/Teachers

- ABC Worry Free author Noel Foy is a former classroom teacher and the founder of AMMPE Neuroeducational Consulting.
- Her mission is to empower teachers, parents, counselors, coaches and students with quick, user-friendly ways to decrease stress and boost engagement, learning, executive function and performance.
- With anxiety among kids at double-digit growth, adults are looking for tips and tools to help children manage anxious thoughts and feelings.
- Based on the actionable approach to worry used in ABC Worry Free, learn how worry works and what can be done to help children shift their perspective and take control of the vicious anxiety cycle.
- A few questions to consider....
 - Does your child / student embrace or fear challenges?
 - How does your child / student handle mistakes and failure?
 - Is anxiety holding your child / student back from facing challenges, succeeding in school, developing friendships and enjoying life?

After reading Noel's new book ABC Worry Free, have your child reflect on the key points of the story and consider the following questions, along with his or her own:



1. What causes Max to stay inside after playing hide and seek with his friends?
2. Do you think this is a good idea? Why or why not?
3. How does the character Chris help to change his brother Max's perspective or mindset?
4. What does A, B, C stand for?
5. Think about an activity or a situation that you can apply the A, B, C method to over the next 30 days and jot it down here:
6. Over the next few weeks, think about the changes that are taking place as you try out the A, B, C approach and write them down here.

7. Think about other people in your life who might like to try this approach too (maybe with you?) and share it with them!

8. Think of all the accomplishments and positivity that can be taking place with this simple, but powerful new mindset / approach and jot a few down here: