

Try-It Ladder

Talking to a new kid. 1. Smile. 2.

Say hi. 3. Ask one question. Stop at
any rung.

Brain note: facing a small piece of a fear
teaches the brain the fear is survivable.

Try-It Ladder

Joining a game at break. 1. Watch.

2. Stand near. 3. Ask to join. Any

rung counts.

Brain note: the brain learns best when you choose the step, not when you are pushed.

Try-It Ladder

Raising your hand. 1. Whisper the answer. 2. Tell a friend. 3. Say it to the class.

Brain note: practising quietly first gives the brain a memory to lean on out loud.

Try-It Ladder

Asking a question in class. 1. Write
it down. 2. Read it to yourself. 3.
Read it out.

Brain note: a written script lowers the load so
nerves have less to knock over.

Try-It Ladder

A new food. 1. Look at it. 2. Touch
it to your lip. 3. Take one small
bite.

Brain note: new foods often need many
friendly meetings before they feel safe.

Try-It Ladder

A food you did not like. 1. Smell it.

2. Lick it. 3. Chew once, remove it

if you don't like it.

Brain note: knowing you can stop makes the
brain willing to start.

Try-It Ladder

Your own bed. 1. Grown-up sits by you. 2. Sits at the door. 3. Waits in the hall.

Brain note: fading help slowly lets the brain build its own calm, step by step.

Try-It Ladder

Night one alone. 1. Nap there. 2.

Story there. 3. Sleep there. Pause
any night.

Brain note: a safe room learned in daylight
feels safer in the dark.

Try-It Ladder

A class talk. 1. Say it to the mirror.
2. Say it to one friend. 3. Say it to
the class.

Brain note: rehearsing turns new words into old words, and old words come out easier.

Try-It Ladder

Standing up front. 1. Stand there empty. 2. Hold your cards. 3.

Read one line out.

Brain note: being in the scary place while calm teaches the brain that it is safe.

Try-It Ladder

Asking for help. 1. Put your hand up. 2. Say you are stuck. 3. Name the stuck bit.

Brain note: naming the stuck part turns a big worry into a small solvable one.

Try-It Ladder

Asking a shop worker. 1. Point. 2.

Ask together. 3. You ask, they
stand near.

Brain note: a trusted person nearby keeps the
alarm system quiet enough to try.

Try-It Ladder

The big slide. 1. Climb two steps.

2. Sit at the top. 3. Slide to a
waiting grown-up.

Brain note: the whoosh feeling is excitement
and fear sharing one signal.

Try-It Ladder

Slide, take two. 1. Watch others go. 2. Go down the small one. 3.

Try the tall one.

Brain note: watching someone safe do it first calms the brain's alarm a little.

Try-It Ladder

Swimming. 1. Feet in. 2. Sit on the step. 3. Walk to your waist. Come out any time.

Brain note: your body needs time to learn that cold water is not danger.

Try-It Ladder

Face in the water. 1. Splash your cheeks. 2. Blow bubbles. 3. Dip your face once.

Brain note: short repeats teach the brain faster than one long scary go.

Try-It Ladder

The bike. 1. Sit and walk it. 2.

Coast down a gentle slope. 3. Add
one pedal push.

Brain note: balance is learned by the body,
and bodies learn by trying and wobbling.

Try-It Ladder

Riding solo. 1. Grown-up holds on.

2. Holds lighter. 3. Lets go for
three seconds.

Brain note: three safe seconds is a real rep,
and reps are how the brain learns.

Try-It Ladder

The dentist. 1. Visit to say hello. 2.

Sit in the chair. 3. Open wide for
ten counts.

Brain note: knowing what happens next makes
a strange place much less alarming.

Try-It Ladder

Dentist day. 1. Play dentist at home. 2. Count teeth in a mirror.
3. Let them look.

Brain note: practising as play lets the brain rehearse without the real fear.

Try-It Ladder

Joining a team. 1. Watch one
practice. 2. Warm up with them. 3.

Stay the whole hour.

Brain note: a place feels safer once it is
familiar, and familiar takes repeats.

Try-It Ladder

First match. 1. Sit on the bench. 2.

Play five minutes. 3. Play a half.

Stop any time.

Brain note: choosing how far you go keeps
the brain in charge instead of the fear.

Try-It Ladder

Reading out loud. 1. Read to a pet.

2. Read to one person. 3. Read a
line to the group.

Brain note: a kind listener lowers the stress
that makes words trip on the way out.

Try-It Ladder

A whole page. 1. Read it silently.
2. Read it twice. 3. Then read it to
someone.

Brain note: words you have read before come
out easier, because they are not new.

Try-It Ladder

A party. 1. Arrive early when it is
quiet. 2. Stay for one game. 3.

Stay for cake.

Brain note: a quieter start lets the brain map
the room before the noise arrives.

Try-It Ladder

Big crowd. 1. Plan a quiet spot. 2.

Go in for ten minutes. 3. Rest, then
go back in.

Brain note: a planned way out makes a brain
brave enough to walk in.

Try-It Ladder

A sleepover. 1. Play there. 2. Stay for dinner. 3. Stay the night, with a pick-up plan.

Brain note: a way home you can name lets the brain relax enough to stay.

Try-It Ladder

Sleeping away. 1. Sleep at
grandma's. 2. Then a close friend's.
3. Then anywhere.

Brain note: each night away is evidence the
brain stores up for the next one.

Try-It Ladder

A haircut. 1. Sit in the chair. 2. Hear the clippers. 3. Let them trim a little.

Brain note: hearing a scary sound while nothing bad happens dials the fear down.

Try-It Ladder

Hair day. 1. Cut a doll's hair. 2.

Trim one bit at home. 3. Go to the
salon.

Brain note: having a say in what happens to
your body makes it less scary.

Try-It Ladder

A shot. 1. Look at the plaster. 2.

Squeeze a hand. 3. Look away and
count to three.

Brain note: a job for your hands and eyes
gives the brain less room for panic.

Try-It Ladder

Injection day. 1. Name the worry.

2. Practise slow breaths. 3. Ask
what happens first.

Brain note: breathing out slowly tells the
body's alarm system it can stand down.

Try-It Ladder

After a flop. 1. Say what went wrong. 2. Change one thing. 3. Try that thing again.

Brain note: mistakes are where the brain does its loudest learning.

Try-It Ladder

Trying again. 1. Rest first. 2. Do the
easiest rung. 3. Climb back to
where you stopped.

Brain note: coming back after a fall teaches
the brain that setbacks are not the end.

Try-It Ladder

Also try: Weekly Challenges, Task
Breakdown Templates, and Strength-
Spotting Guides.

Brain note: Find every set at
NextGenLearners.com.