

Scaffolding Plan

When children are having difficulty doing things because of anxiety, it is helpful to provide some scaffolding to encourage and reward brave behaviors. Scaffolding is a great tool to set kids up for success by tackling a problem one step at a time.

First, name the desired end goal - the solution you want. Then, work backwards from there: list the hardest steps first, moving down the ladder to the easiest steps towards this goal. (Hint: The easiest step should be one that happens regularly already!) Once you have decided upon an easy first step, have the child practice this step (a brave behavior) repeatedly until they feel comfortable moving up to the next (harder) step. Practice, then praise, again and again, until they eventually reach the highest rung of the ladder.

Hard



Easy

Join a conversation with classmates at recess.

Say "hi" to a new person.

Answer one question in class without being called on.

Have a conversation with classmates during group time.

Read one sentence out loud to the whole class during reading time.

Read aloud to a reading partner in the reading area.

Have a conversation with a friend at lunch.

Answer one question in class out loud when called on.

Say "hi" to a friend.

Answer three questions for the teacher before going to recess (after other students leave).

Read aloud to yourself in the reading area.

Goal

Read one full paragraph out loud in class.

