



4-PART MANTRA FOR SUPPORT

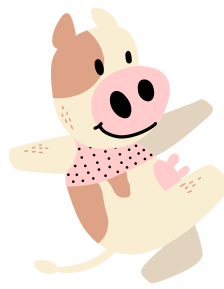
Adapted from Lebowitz & Omer (2013)

WE LOVE YOU VERY
MUCH

WE KNOW IT'S REALLY
HARD FOR YOU TO
[INSERT ANXIOUS
SITUATION]

WE'RE CONFIDENT YOU CAN
[SUBSET OF ANXIOUS
SITUATION]

WE'RE GOING TO HELP
YOU BY [INSERT
HELPFUL STRATEGIES]



I am loved I am brave I matter I can do this

I LOVE YOU VERY
MUCH

I KNOW IT'S REALLY
HARD FOR YOU TO
SAY THE DAY OF
THE WEEK IN
FRONT OF THE
WHOLE CLASS

I'M CONFIDENT YOU CAN DO
IT WITH ME IN THE BACK
OF THE CLASS, WITH
NOBODY AROUND

I'M GOING TO HELP YOU
BY HELPING YOU
REHEARSE IT & PRE-
SELECTING YOUR PRIZE