

MAKE ROOM FOR ONE LITTLE MOMENT

My Small-Step Plan

Watching, asking, trying one little part or resting: make a plan where every choice has room.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

Something I would like to try

First, I could watch or find out...

One small part I could try

The help I would like

How I can pause, rest or change the plan

USE THE PAGE TOGETHER

A note for the grown-up

No correct answers, finished pages or personal stories required.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

A library visit, one little part at a time

Watch at the entrance together. Look at one shelf. Choose a book. Borrow it with a grown-up beside you; pointing or showing the book is fine. A family can repeat, shorten or change any step.

Today we can choose

Practise the same part, make it smaller, try another part together, or rest and plan again. There is no finishing deadline.

Resolve the reason for a worry

Address painful noise, bullying and access needs first. This is not an exposure exercise. For worries that persist or disrupt everyday life, seek individual advice from the school or a healthcare professional.

First address practical problems such as painful noise, bullying or an inaccessible space. Never use a plan to override refusal of touch or contact with an unsafe person. A child is equally loved on the days they try, wait and rest.

Original activity informed by: NHS: Anxiety in children (reviewed 5 September 2026). Not endorsed by the source organisation.

Guidance and support: littlewoodlandsfeelingslab.digidantai.com/support