

### **Levels of Anxiety Table**

Having your child test out how the body brings itself back 'down' can help them to make connection with what is happening in their body, and how it reduces anxiety on its own.

A good way to do this is for your child to think of something that makes them a little bit scared, but is not overwhelming for them. So if we were to think of a 0-10 scale of anxiety, with 0 being the most anxiety anyone could feel, they should think of something that raises their anxiety to between a 6 and an 8. Work with your child to find a source of anxiety that works for them – for example, spiders.

You could test out homeostasis with them by asking your child to go near the spider, or whatever else they have chosen, and stay close to it, and to see what happens to their anxiety by measuring it every five minutes. It's helpful to use a quick and easy table (below) to record the level of anxiety after each five-minute period.

<b>Minutes</b>	<b>Level of anxiety</b>
0	
5	
10	
15	
20	
25	
30	
35	
40	

By testing anxiety out in this way, as long as your child is concentrating on the object that is making them anxious (rather than something else), their anxiety level will gradually come down over the 40 minutes. This is called 'habituation'. In order to successfully reduce anxiety, there is a need to habituate whatever is making you anxious. Habituation cannot work when a child is avoiding the object that is making them anxious, either physically or mentally.