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Publishers

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# Appendix A: Anxiety Survival Plan

First, complete the table on the next page. When you have completed the table, add any information from it that will be useful to an adult to assist your child to manage their anxiety, at low, medium and high levels. When adults know the triggers, signs of anxiety and what helps, for each level of anxiety, they will be much better equipped to assist your child.

Levels
Before the glass gets broken
Release of physical tension
Release of stress
Relaxation
Reassurance



Triggers of big anxiety	Signs of big anxiety	Strategies for big anxiety
Triggers of medium anxiety	Signs of medium anxiety	Strategies for medium anxiety
Triggers of small anxiety	Signs of small anxiety	Strategies for small anxiety

# Appendix B: Instructions to Prepare the Puppets for the Programme

Using scissors, cut out each fruit character and the rectangle the appears next to each character. Next, using Sellotape, secure each end of the rectangle onto the back of each fruit, such that a loop is formed. The fruit becomes a puppet when you insert your finger through the loop. You may ask your child to colour in each puppet before using them.




