



Luca is very anxious about attending the Year 6 camp. She

Small Steps for Luca

1. Luca developed a plan with her teacher and parent.
2. Luca and her parents researched the camp website and travelled to have a look on the weekend.
3. Year 6 watched the video about last year's camp and had a Q and A with teachers.
4. Luca and her teacher negotiated classmates to share her cabin.
5. The Year 6 students read about all the camp activities and selected one to try. They could try others once they got there.
6. Luca went on the Year 6 camp and checked in regularly with a teacher and her class "buddy."

The school was able to spend time thinking through the strategy around preparing for the Year 6 camp to assist children experiencing anxiety to participate.

They included information and steps that assisted all the children including those experiencing a few or a lot of, anxiety symptoms.

Researching and finding out what the camp looked like helped Luca. The social story from last year helped as Luca could see some of the activities in action and what the cabin and dining area layout, and meals looked like.

Establishing buddies for children who need it is helpful. These may be school support leaders.

Asking students to choose one activity meant that Luca could focus on getting through one activity. She could then decide at the camp if she wanted to try out some others.