



Lucy has a class presentation assignment. She is very worried about giving talks to the class. She's particularly worried she will drop her cue cards and mispronounce words. Her anxiety as the assignment approaches is disturbing her sleep and causing stomach upsets. Thinking about giving the talk makes her feel faint and shaky.

Small Steps for Lucy

1. Lucy delivered a short talk to her family and deliberately mispronounced a word.
2. Lucy gave the talk to her family and deliberately dropped her cue cards.
3. Lucy delivered a talk to her teacher in the classroom – no eye contact.
4. Lucy gave the next talk to her teacher in the classroom – with eye contact.
5. Lucy delivered the talk to her teacher and table.
6. Lucy gave the next talk to her teacher, her table and another table.
7. Lucy delivered the next talk to one of the Kindy classes.
8. Lucy gave the next talk to the class.

Lucy's example shows that activities can be modified so that students experiencing anxiety are able to engage and participate in activities rather than be limited by the anxiety they experience.

Activities such as oral presentations, athletics and swimming carnivals, performance events etc can be challenging for students who experience anxiety when asked to perform in front of others.

It is possible for Lucy's teacher and parents to assist Lucy to develop a small steps plan to move towards the goal of giving a class talk.

Modifying tasks means children experiencing anxiety can be supported to engage and participate more fully in classroom activities.

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