

THINKING TRAPS

Tools for parents & staff to help navigate anxious thoughts



NORMALISE THEIR EXPERIENCE

When student's thoughts are normalised, they are less anxious and more confident

- Micro-encouragements - "Hmm" "Okay" "Wow" "Oh"
- Validate their thoughts - "Of course you are feeling this way" "Makes sense" "I can see that"
- Show empathy - "That would be on my mind too" "That sounds really tough"



CLARIFY YOUR INVOLVEMENT

When we confirm what they want from us, this promotes autonomy and collaboration

- "Is this something you want my help with?"
- "Do you want to try and fix this now or just have someone listen to you?"
- "How can I help you?"



HELP THEM EVIDENCE TEST

When student's understand that not every thought is a fact, they are more confident

- "Is this 100% true?"
- "How do we know this is true / not true?"
- "What evidence do we have / don't we have for that?"



FIND EVIDENCE THEY'RE IGNORING

when student's take a step back and see the bigger picture, they are less anxious

- "Is there any evidence we might be ignoring?"
- "What are we not paying attention to here?"
- "What else could be going on in this situation?"



ENCOURAGE BALANCED THINKING

When student's are balanced in their thinking, they have a growth mindset

- "Considering all of this, what is a more helpful way to look at this?"
- "If we take all the evidence, what are your thoughts about it now?"
- "Looking at all the evidence, what is a small step you can take now, that will help you?"