It’s Easy, Step by Step

Focus:
Using a Coping Step Plan will help students to be brave with new or existing challenges. Breaking things down into small manageable steps can make them easier to achieve.

Looks Like:
- Students working on new things.
- Students happy in the class and playground.

Sounds Like:
- “I can break this hard challenge down into lots of little steps.”
- Students encouraging each other to make up and stay with a step plan.

Feels Like:
- Feels good to not be worried or scared.
- Feels safe to stay on one step until you are ready to move on.