





# F.A.C.E. Your Fears Summary & Tip Sheet

*for school staff*

Step			Description	Skills
	<b>F</b>	<b>FEEL</b>	Identify anxious feelings and reduce anxiety arousal	<ul style="list-style-type: none"><li>• Emotion Identification</li><li>• Scaling</li><li>• Calming Skills</li></ul>
	<b>A</b>	<b>ACKNOWLEDGE</b>	Acknowledge and attack your worries	<ul style="list-style-type: none"><li>• Acknowledge</li><li>• Attack</li></ul>
	<b>C</b>	<b>CHARGE</b>	Charge ahead and DO what you are avoiding	<ul style="list-style-type: none"><li>• Stair Steps</li><li>• Problem Solving</li><li>• Rehearsal</li><li>• Skill Building</li><li>• Courage Skills</li></ul>
	<b>E</b>	<b>EVALUATE</b>	Evaluate and enhance motivation	<ul style="list-style-type: none"><li>• Learn from experience</li><li>• Motivate yourself</li></ul>

## General Tips

- Modeling is a powerful way for kids to learn and absorb skills.
- If we want our students to have a skill, we must make time for practicing the skill.
- If we want our students to be able to use the skills when they are anxious, we must also practice the skills while *in* anxiety based situations.
- We can use *Scenario Practice* as a tool for any skill development:  
Example - "You are singing the national anthem at the Nuggets game, what are your worried thoughts?"

## System Incorporation (Smart Brain, Worry Brain, Emotion Brain)

- Incorporate language of Smart Brain, Emotion Brain and Worry Brain into all activities.
- Engage in 'Band Checks' or check in on the 'backpack.'
- Recognize which part of the brain is engaged when your student is talking to you and label it for them.

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## TIPS



### F Step

- Incorporate calming tools and rituals into daily routines.
- Do Feeling Identification Exercises and games in the classroom.
- Encourage Scaling emotional intensity (especially regarding how intense the worry brain is right now).
- Help your students find their two calming tools!
- Remember to use calming tools with your students so they can re-engage their Smart Brain, rather than jumping into Smart Brain conversations when they are engaged in their Emotion Brain or Worry Brain.



### A Step

- Discuss the Worry Brain and how it works.
- Engage in 'Hot Seat' exercises, especially on the topic of classroom anxiety inducing activities.
- Have students share their Worry Brain thoughts about activities and how they will tackle/talk back to those worries.



### C Step

- Incorporate the idea that everything is a skill and encourage your students to learn about the skills that make them anxious.
- Practice problem solving options that do not allow for avoidance.
- Make 'Rehearsal' common practice in curriculum design and development.
- Make stair steps/outlines a routine practice for larger/novel assignments.



### E Step

- Celebrate all anxiety victories. Focus on bravery rather than outcome.
- Review anxiety producing experiences and discuss results in comparison to worry thoughts.
- Explore with students how anxiety might be trying to undermine the victory.