

# TAKE ACTION

## ANXIETY MANAGEMENT PROGRAM FOR 8-12 YEAR OLDS

### WHAT IS TAKE ACTION?

Take Action is an evidence-based program that teaches children aged 8-12 years helpful ways to cope with and manage anxiety.

The word A-C-T-I-O-N is a coping-oriented acronym used throughout the program. Children are encouraged to 'take action' against their anxiety. This means they approach their fears and worries using strategies learnt during the program.

The program is recommended for children who are anxious and need additional support to cope both at school and in social situations.



### WHAT IS INCLUDED IN THE PROGRAM?

The program consists of small-group sessions (up to 6 children per group), and is delivered by a psychologist. Children will learn to better manage anxiety through a range of games and activities.

Learning Links runs the program over 3 days (2.5 hours/day) in the school holidays.

### HOW WILL MY CHILD BENEFIT?

Children are taught a range of strategies in the Take Action program via a 6-step ACTION plan. Each letter in the word ACTION stands for a skill children learn:

- A - Be AWARE
- C - Keep CALM
- T - THINK Strong Thoughts
- I - Get INTO ACTION
- O - Use my OPTIONS
- N - NEVER stop taking action



This program provides children with clear, practical skills to manage anxiety and improve their social and life skills. By practising the skills they learn, the participants develop their own action plan to reduce and overcome anxiety.

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### JULY SCHEDULE

Location	Age	Day 1	Day 2	Day 3	Time
Bella Vista	8-12 years	Monday 4 July	Tuesday 5 July	Thursday 7 July	1.00pm - 3.30pm
Peakhurst	8-12 years	Monday 4 July	Tuesday 5 July	Thursday 7 July	1.00pm - 3.30pm

### COST

The Take Action program total cost is \$559.  
Parent interview: \$214  
Program cost: \$345



NDIS funding can be used for this program.

### CHILD AND PARENT INTERVIEWS

Prior to your child's position in the school holiday program being secured, a child and parent interview will be booked with a Learning Links psychologist (either face to face at a Learning Links centre or online via Zoom) to assess the suitability of the program for your child's needs.

### HEALTH AND SAFETY

Learning Links continues to follow the most up to date government guidelines to ensure the health and safety of children, families and staff. School Holiday Programs will be limited to small groups of 3-6 children to maintain effective hygiene and social distancing practices wherever possible.

### MORE INFORMATION

For more information or to book, visit our website or send us an email:

 Visit [www.learninglinks.org.au/school-holiday-programs](http://www.learninglinks.org.au/school-holiday-programs) to enquire online

 Email [schoolholidays@learninglinks.org.au](mailto:schoolholidays@learninglinks.org.au)

