



**Child First Family Services**  
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## **Anxiety Reduction Skills Group for Children with Developmental Delays**

This anxiety skills curriculum is for children (ages 8-18) who struggle with anxiety and are on the autism spectrum or have a developmental delay. Anxiety impacts many aspects of our life including social interactions, physical symptoms, avoidant behaviors, and school performance. The program is an 8 week group for one hour and fifteen minutes for each session. Children will be grouped by age and developmental levels. Parents will receive information following groups to incorporate at home with their child.

### **Curriculum:**

**Session 1:** This session is to discuss the various forms of anxiety and how each one impacts your daily life.

**Session 2:** This session discusses anxiety busters that do not work.

**Session 3:** This session will discuss cognitive behavioral strategies to reduce anxiety.

**Session 4:** This session includes discussing how to identify physical symptoms related to anxiety and physical strategies to implement including breathing techniques, muscle relaxant strategies, and yoga.

**Session 5:** This session includes strategies that can be used within the classroom.

**Session 6:** This session discusses what test anxiety is and strategies to implement. Self-Talk and evaluating your study environment are included in the discussion.

**Session 7:** This session will focus on special strategies specific to sensory issues.

**Session 8:** This session will be focused on each student making their toolbox of strategies that are working or will possibly work to decrease anxiety.

### **Dates: Wednesdays, 6:00-7:15 PM**

April 29<sup>th</sup>- June 17<sup>th</sup>, 2015

September 2<sup>nd</sup> -November 11<sup>th</sup>, 2015