

42 DAY SUPER KID TRANSFORMATION CHALLENGE

WEEK 4 - ANXIETY ANNIHILATOR

1. Gather some sticky notes and markers for this activity.
2. Have your child write some sayings like, "You can do this", "You got this", "One step at a time", etc. on 10 different sticky notes.
3. Have them place sticky notes in places that they will see frequently such as school notebooks, bathroom mirror, dresser, front door, etc. These little reminders will come in handy if they tend to overthink a situation.