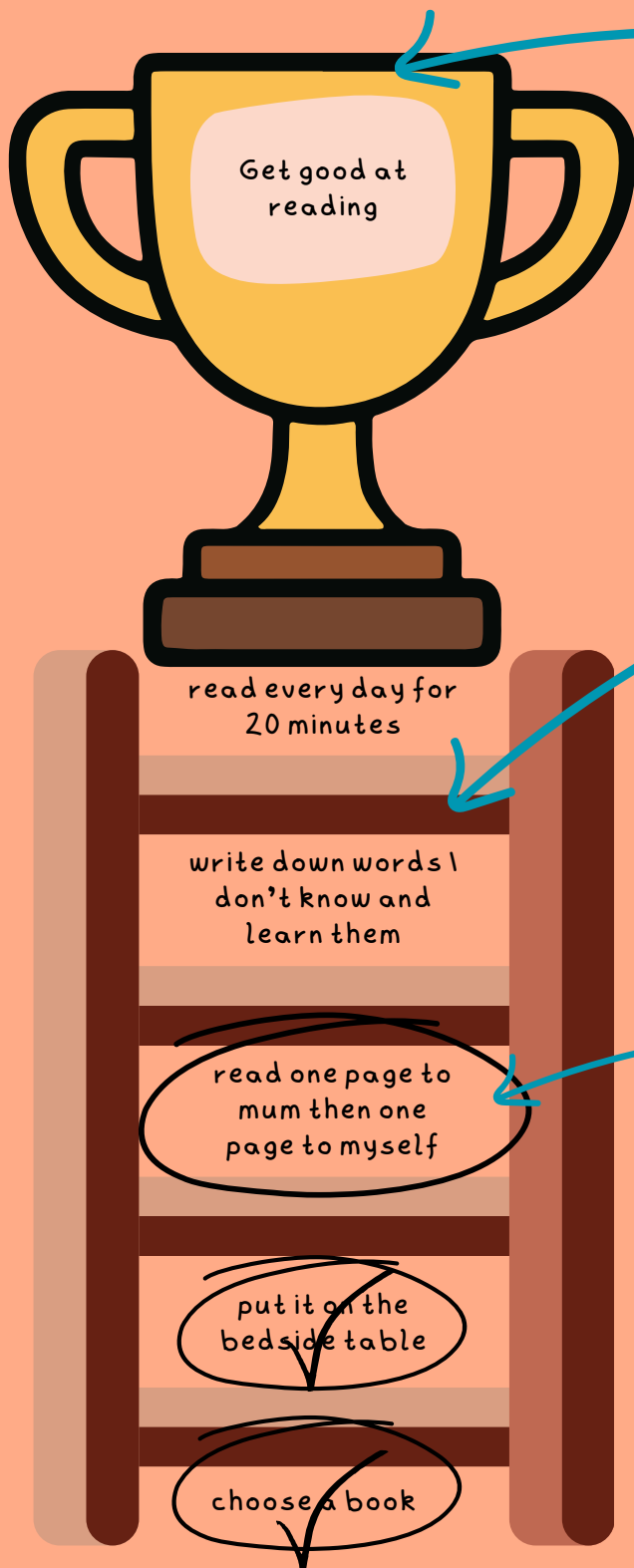


TROPHY ACTIVITY

PARENTS GUIDE

A simple way to help children work towards a goal without feeling overwhelmed. It turns a "big mountain" into small steps their brain can handle.



STEP ONE

Choose a goal (the Trophy)

Ask:

- "What's something you wish felt easier?"
- "What do you want to be able to do soon?"
- Keep it specific and realistic (not "be happy at school" - more like "get to school without tears").

Write the goal inside the trophy

Make it measurable and kind

Check the goal is:

- Small enough to feel achievable
- About effort, not perfection
- Within their control (not dependent on other kids behaving)

STEP TWO

Build the ladder (the small steps)

Explain:

"Each block is one tiny step. We only climb one step at a time."

Help them break it down into 3-8 mini steps.

Use prompts like:

- "What would come first?"
- "What would make it 10% easier?"
- "What can we practise at home?"

STEP THREE

Track effort (not outcome)

Add a simple tracker:

- tick boxes
- stickers
- "I tried" tally

Praise process:

- "You started even though you didn't feel like it."
- "You climbed a step."

Pick a first step for this week

Circle one step that feels doable now.

Keep it short and repeatable.

STEP FOUR

If it doesn't work, the step is too big

Reframe:

"It's not you - the step needs shrinking."

Make the step easier and try again.

Repeat the activity for any goal - these include working on habits, personal development and behaviours

BONUS: "From scratch" option (so parents can do it without printing)

- Draw a trophy on paper (or cut one out)
- Write the goal inside
- Draw a ladder/wall underneath with 3-8 bricks
- Fill each brick with one mini step
- Stick it somewhere visible (fridge / bedroom door)

Example 1 : Social confidence

Trophy goal: "I want to meet a friend after school."

Steps (ladder blocks):

- Say hi to one person a day
- Ask one question in class this week
- Plan a short 30-45 min meet, not "all afternoon"
- Decide a calm exit plan ("We can leave if it's too much")
- Celebrate effort, not outcome

Example 2 : Homework without meltdowns

Trophy goal: "I want homework to feel easier."

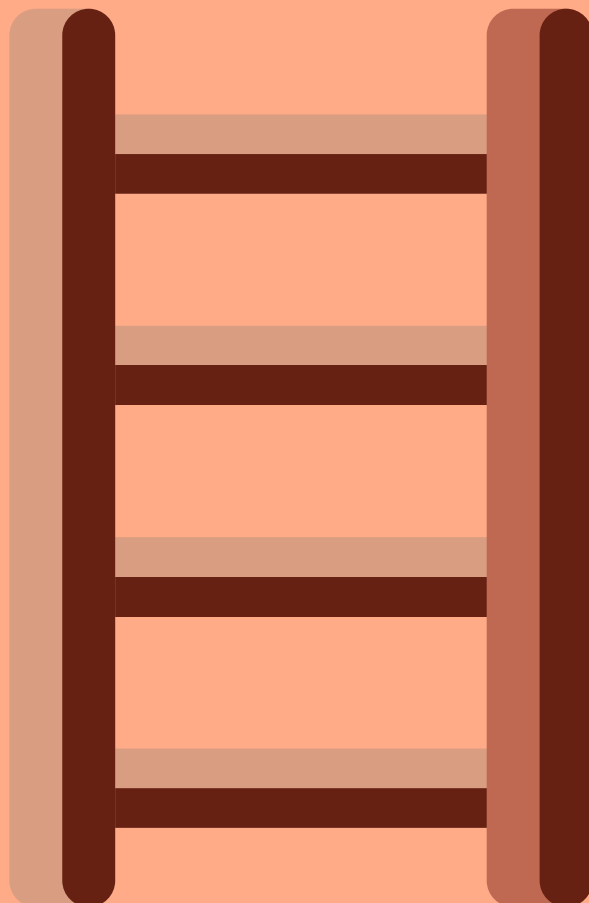
Steps:

- 20-minute decompression first
- Snack + water
- One small task only (start with easiest)
- Timer (10-15 mins) + short break
- Adult nearby (body double)
- Finish with a "done" ritual (hot choc together / high five/ big hug)

MY GOAL



MY GOAL



MY GOALS

