MACQUARIE University
SYDNEY·AUSTRALIA

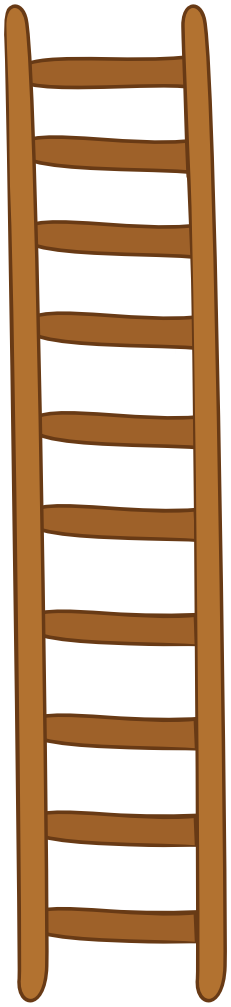
COOLKIDS
CHILD WORKBOOK 2ND EDITION

Stepladder plan

Goal

Thought

Reward



High steps

- ☐
- ☐
- ☐
- ☐

Middle steps

- ☐
- ☐
- ☐
- ☐

Low steps

- ☐
- ☐
- ☐
- ☐

Remember: select a small reward every time you try a step.

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