

# HOW TO REDUCE CHILD ANXIETY WHEN JOINING A NEW CLUB?

Undoubtedly, being a part of a club or community group can have a hugely positive impact on the overall well-being of a young person. Therefore ensuring the initial stages of positive engagement are crucial. Dr William Bird MBE, Active Essex Chair, highlights the three key factors around impacting pupil's resilience and engagement as 'Belonging, Safety and Purpose'. Using these central pillars, Active Essex have outlined some crucial steps to reduce child anxiety joining a new club.



## Post a Picture of the Coach

On your website, leaflet or email signature, upload a picture of the coach who will be leading the session. This will help me have an initial meet and see who will be my coach at my sessions.

## Share a Fun Fact about the Coach

Sharing a fun fact about yourself in your promotion material will help me relate and build a bond with the coach ahead of my session. For example I am a big fan of superhero's so having an introduction and fact such as: "Hi I'm coach Molly and my favourite superhero is Spiderman" will really help me feel welcome and excited to attend the session.

BELONGING



## Meet Before Arrival

It would be great if you could meet my guardian 5/10 minutes before my first session. This could be in reception, car park or outside the sports hall. This will help you speak about any needs I may have and how you can help me if any arises during the session. I will also know the directions to the session for next week.

## Introduction Games

At each session, organise an introduction game that allows me to say their name, age and a fun fact. For me, the question "What is your favourite snack?" is a great one! We could play this by creating a seated circle and pass a ball around to each individual.



SAFETY



## Showcase your Fun Activities

Having pictures and quotes of your session will let me see much fun the children are having during your activities. Through sharing on your website, leaflets and videos I can see what sort of activities you play which will make me want to attend and play!

PURPOSE