

**Time-Ordered Agenda for
Understanding and Treating Childhood Anxiety
Instructor: Lori Benson Adams, MEd**

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
5	Goals and Objectives	lecture
10	Anxiety and It's Role in Our Lives	Discussion and Examples
15	Statistics and Diagnostic Criteria	Discussion, Lecture, Examples
15	Types of Anxiety in Children	Discussion, Lecture, Example
30	Strategies, Methods and Materials for Assisting Children with Anxiety	Discussion, Lecture, Examples, Demonstration
10	Mindfulness Activities That Can Be Used Anywhere/Anytime	Discussion, Example
5	Resources, references Q&A	Lecture and Discussion
90	TOTAL RUN TIME	