

I can be...

BRAVE

A small person's guide to BIG feelings



I tell myself...



I am strong!

I get scared, but I am strong.
When tricky problems come along.



What makes
you feel
scared?



Saying this helps me to feel brave:
★ It's ok to be scared. ★

If I visit someone new ...
I tell myself,
they're nervous too!

How do you
feel when you go
somewhere new?

Saying this helps me to feel brave:
I can do
hard
things!

