

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!

