I can be...

BRAVE

A small person's guide to BIG feelings




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!