

My Brave Steps

Write or draw one small step on each rung, starting with the easiest at the bottom. Climb one step at a time, and colour in the star when you do it.

The thing I want to be braver about:

 I did it!



Step 6

How scary?

1 2 3 4 5



Step 5

How scary?

1 2 3 4 5



Step 4

How scary?

1 2 3 4 5



Step 3

How scary?

1 2 3 4 5



Step 2

How scary?

1 2 3 4 5



Step 1

How scary?

1 2 3 4 5

Start here ↑

Example: a fear of dogs

1. Look at dog pictures in a book
2. Watch a dog from across the park
3. Stand near a calm dog on a lead
4. Touch a friendly dog's back with a grown-up
5. Pet a friendly dog



When I reach the top...

Draw or write how you'll celebrate together.

For grown-ups

- Let your child choose the steps. Each one should feel only a little scary.
- Stay on a step until it feels easy (about a 1 or 2), then move up.
- Praise the trying, not only the success. Going back down a step is fine.

My Brave Toolbox

Tools I can use when I feel scared.



Calm breathing



Smell the pumpkin pie
(breathe in through your nose)



Blow out the candle
(breathe out slowly)

Do it 3 times.



Brave words

"I can do hard things."

"Scary isn't the same as dangerous."

My brave words:



My comfort helper

Draw something that helps you feel safe: a toy, a person, a place.



Worry thermometer

How big is the worry right now?

5

Huge, help me now

4

Big, I need a grown-up

3

Medium, I need a tool

2

Small, a little wobbly

1

Tiny, I'm fine



My brave moments

Date	What I did	Worry before (1-5)	Worry after (1-5)

Most fears fade with time and small steps. If a fear is very strong, lasts for months or gets in the way of sleep, school or play, talk to your paediatrician or a child psychologist.