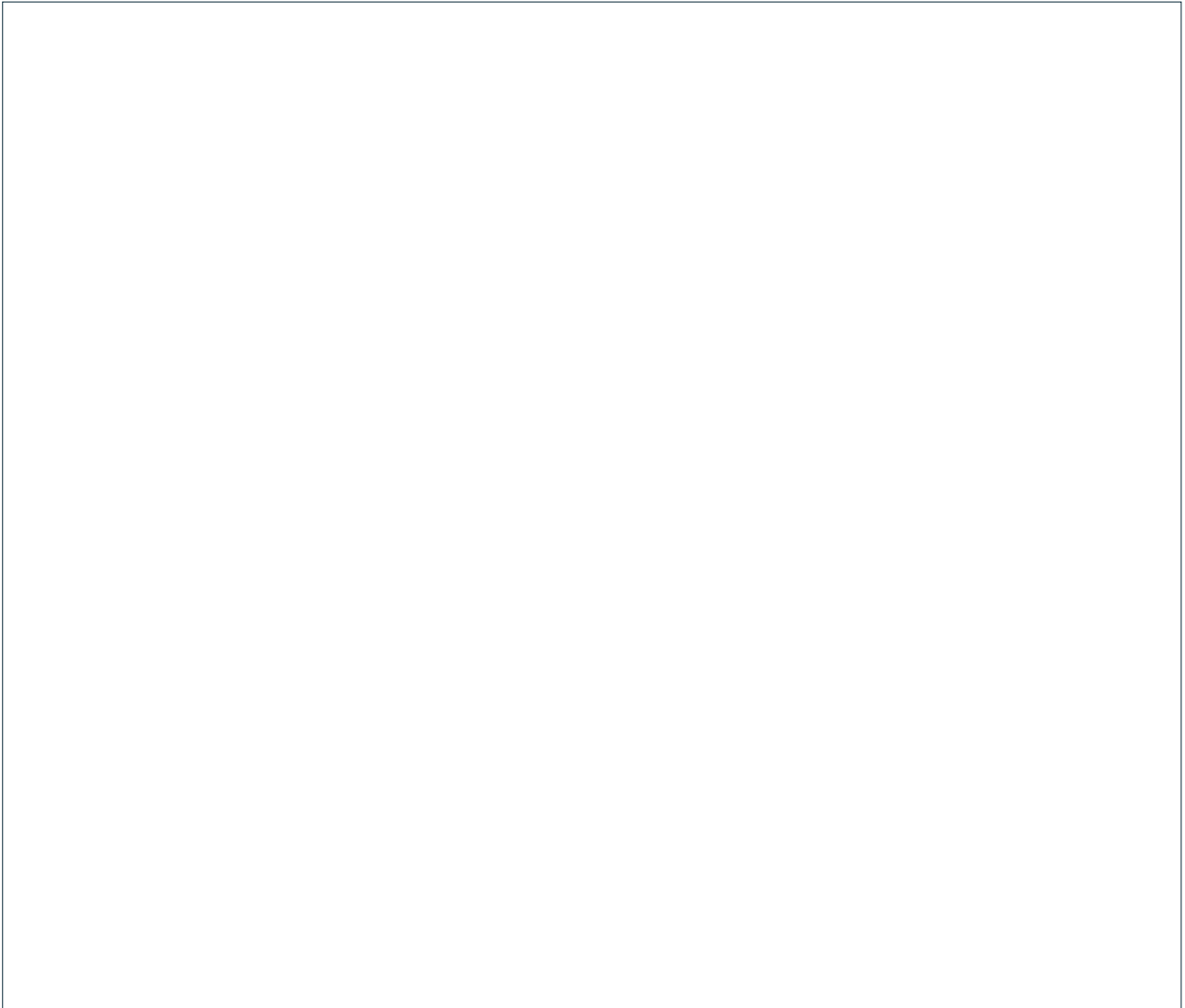


Worksheet 6: Draw What Makes You Feel Brave

Being brave means that you feel scared to do something, and you do it anyway. Everyone has things that make them feel brave. It could be a person, a memory, a song, or something you tell yourself.

On this page, draw something or someone that makes you feel brave.



If You Want To, Tell Me More

What did you draw? Why does that make you feel brave?

When do you need to feel brave the most?

What do you say to yourself when you need courage?

Who is the bravest person you know?

What's one brave thing you did recently?

Remember

- You are braver than you think.
- Being brave takes practice.
- It's okay to ask for help when you need it.

