

MY BRAVE LITTLE STEPS

Small steps can lead to big adventures.

Being brave
doesn't always mean
you're not scared.
Sometimes it means
taking one little step
while someone you trust
is beside you.



1

Something I'd like to try...

What feels a bit difficult or scary for me?



It's okay if it feels scary.
You're not alone.

2

My first little step

What could I do that feels just a little bit easier?



4

A bigger step for another day

Maybe one day I could...



3

My next little step

When I'm ready, I could try...



I can take my time. ♥

5

Who can help me?

Someone I'd like beside me...



It's easier when we have someone who
believes in us. ♥

I took a brave little step!

Colour a star each time you try.



Trying a little step counts —
even if you aren't ready for the next one yet.

A note for grown-ups ♥

Ask:

- ★ Which step feels possible today?
- ★ How do you think your child feels about this?
- ★ What might help them?
- ★ Is there another idea you could try together?

Brighter
Brave
Kinder
You