

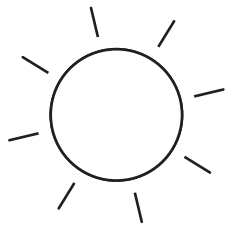
Being Brave

KEY POINTS

- Preschoolers have many experiences that naturally make them feel nervous or scared.
- Validate that it's normal to feel scared and nervous when trying new things at first.
- Preschoolers feel emotions in their bodies and recognizing the physical sensations related to feeling scared is helpful.
- Even though a student's feelings may be telling them a situation is scary, as long as they are safe, encourage them to "be brave" and give it a try. We can help children build confidence and resilience and make the situation feel less and less scary with practice.
- As our hedgehog friends sing, **"A little bravery every day makes the scared go away."**

TIPS FOR REINFORCING

- When students are expressing feeling scared when approaching new situations, supportive statements that include validation and encouragement are key. For example:
 - “ I know this feels scary and I also know you can do it. I'm here to help.”
 - “It's okay to feel nervous and I know you can take a brave step.”
- It can be helpful to preview a plan of what to expect when starting new activities. It is especially helpful to pair this with visuals or relevant books.
- If the initial step in approaching a situation feels too scary, think of a "plan B" that is a more doable step that gets you a bit closer to the end goal.
- Model and encourage coping skills when feeling scared or nervous, like taking a few deep breaths or using positive statements like "I can do this!"
- Provide immediate positive feedback when your students take brave steps and remind them that the more they practice the less nervous or scared they will feel.

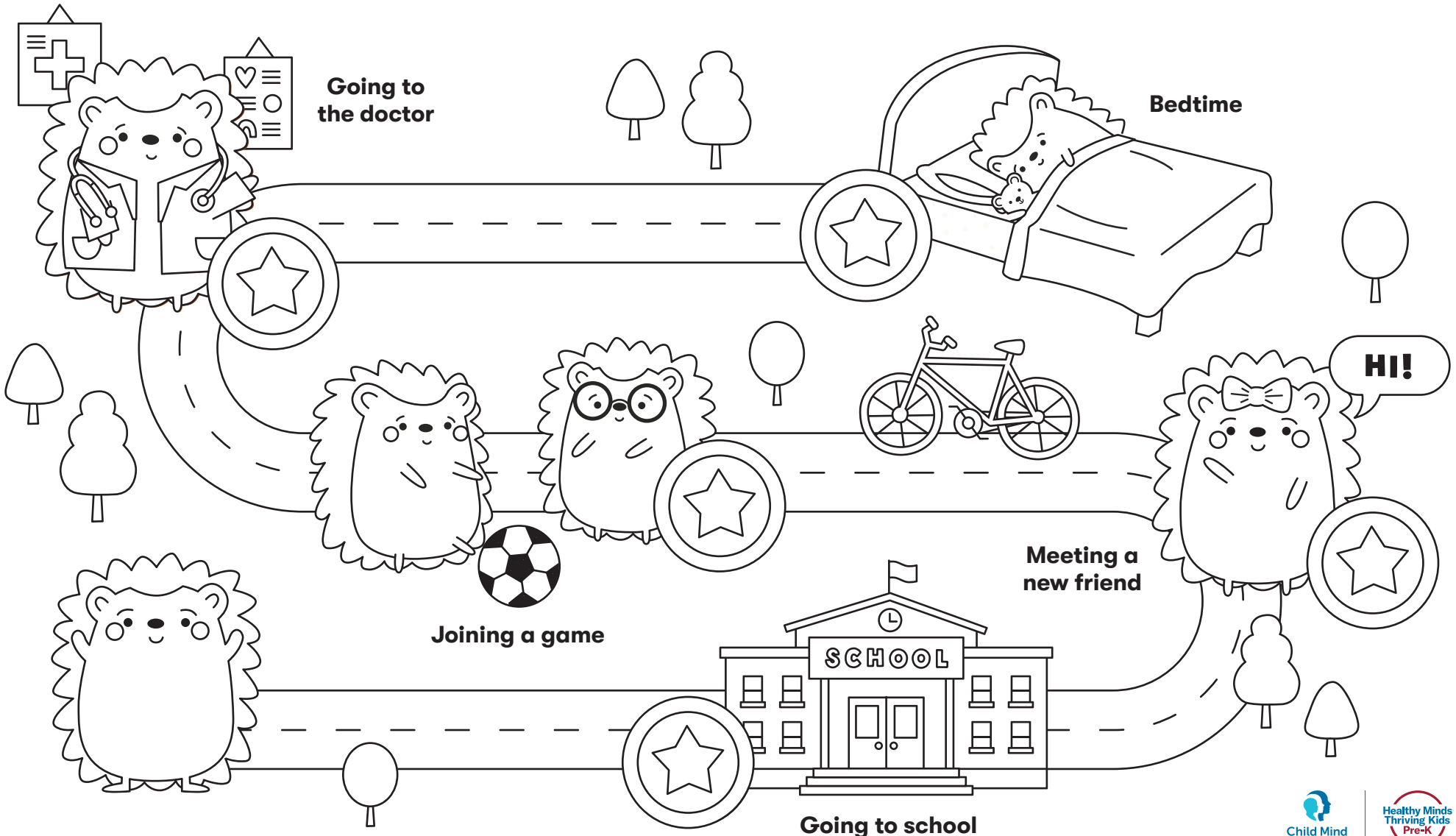


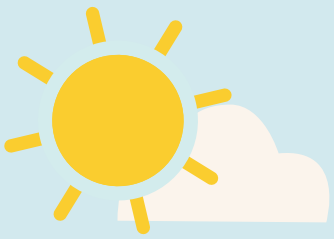
Being Brave

♪ A little bravery every day makes the scared go away. ♪



Trace the hedgehog's steps through Hedgehog Land to collect bravery coins by doing things that may make them feel scared. Color in the bravery coins as you go!





Being Brave



♪ A little bravery every day makes the scared go away. ♪

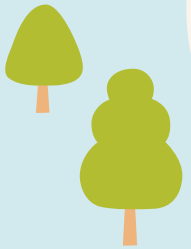
Trace the hedgehog's steps through Hedgehog Land to collect bravery coins by doing things that may make them feel scared. Color in the bravery coins as you go!



Going to the doctor



Bedtime



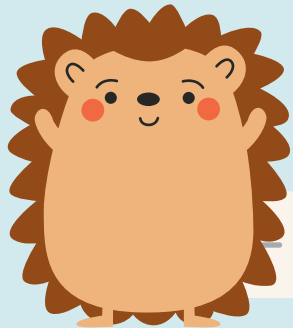
Joining a game



Meeting a new friend



HI!



Going to school

