6. MY BRAVE MIND MAP

I can be brave even when I'm scared.
Fill this mind map to help you be brave!

I CAN BE BRAVE

THINGS THAT WORRY ME

Things that make me feel worried!

WHAT I TELL MYSELF

Helpful things I tell myself!

WHO CAN HELP

People I can talk to or ask for help!

WHAT MAKES THINGS EASIER

Things that help me feel braver!

A TINY FIRST STEP

A small step I can take!

SOMETHING I'D LIKE TO TRY

Something I'd like to be brave enough to try!

I am brave. I can do hard things!

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inclusiveed.co.uk/my-brave-mind-map/