

My Brave Moments

This worksheet encourages kids to recognize times they were brave and how it made them feel.

Examples:

Example Brave Moments:

- Climbing a tall slide at the playground.
- Speaking in front of the class.
- Trying a new vegetable.

Instructions:

1. Use the mountain on the next page.
2. On the way up the mountain, write or draw 3 times you were brave (big or small).
3. At the top of the mountain, write how being brave makes you feel.
4. Decorate your mountain with colors, trees, or animals.

