



The Bravery Award

Adventure Level: Expert



In this activity you're going to attempt to overcome a fear. That means it's time to put on a brave face.

Name Your Fear

Think of something that you're scared of...

- Are you afraid of heights?
- Touching dirt?
- Being close to bugs?
- Something else?

Can you draw it or add a photo here? You can also draw on the back of this page.



Fear Factor

Ask a grown-up if they'll help you conquer your fear (they'll tell you if it's too dangerous!)
Talk about what exactly you're afraid of.

Rate your fear on a scale of 1-10 (with 10 being the strongest!).....

Safety

Come up with a plan to conquer your fear safely. Are you afraid of heights? Try visiting a bridge or lookout. Are you scared of bugs? You could look at one from a distance then gradually get closer while holding a parent's hand.

Action Time

Take a deep breath, be brave and give it a try. You can do this!