My brave plan

The Dragon Who Wouldn't Fly

Name _____

Something that feels big: _____

Ember's way I will try: _____



My stepping stones. Colour one in when you have tried it.

1 _____

2 _____

3 _____

4 _____

Someone who can help me: _____

Breathe like Ember. The NHS suggests "taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3". (NHS: Anxiety in children)

If a worry feels very big, tell a grown-up you trust.