

My Bravery Ladder

Pick one thing that feels scary, then climb one small rung at a time. Colour a box each time you practise — no rush, no pressure.



1 2 3



We talk about the scary thing

☐ ☐ ☐


We read or watch something about it

☐ ☐ ☐


I look at it from a safe spot

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I get a bit closer, with you beside me

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I try it for a tiny moment

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I did the brave thing!

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