

• Be Your Own Kind of Brave •

1. Ride bike down a hill

- start with small hill
- wear helmet
- practice using brakes
- plan emergency exit

2. Try a new sport

- learn about it (rules, dress, history)
- practice in private
- ask friend for help (bonus if they've played before)
- remember it's okay to mess up
- keep practicing

3. Go into basement alone

- turn on lights
- bring flashlight (for backup)
- sing happy song
- go down one step first (then try two)

4. Try a new food

- learn about the food
- have glass of water near you (just in case)
- close eyes before tasting
- plug nose (if needed)

5. Speak in front of class

- write down what you'll say
- practice in front of mirror
- practice in front of stuffies (best audience ever!)
- practice in front of family
- be confident (You can do it!)



From **Braver Than Brave**
by Janet Sumner Johnson,
illustrated by Eunji Jung
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What brave thing will you do?
List steps you can take to reach your goal.

1. _____
• _____
• _____
• _____

2. _____
• _____
• _____
• _____

3. _____
• _____
• _____
• _____



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