

Being Brave

Kids in preschool will face situations that might make them feel nervous or scared. Common ones include going to school for the first time, being away from a parent, sleeping on their own, making new friends, and going to the doctor.

As you and your child will learn from our hedgehog friends, it's helpful to know that these feelings are normal, and that being brave when they happen helps to build confidence. Being brave — when you're in a safe place with grown-ups around — means pushing yourself to do something that may feel scary at first. But with practice, it will feel less and less scary.

Important skills from the video

- It's normal to feel scared and nervous when you try new things.
- Feeling scared in your body is normal, even if your stomach hurts, your heart is beating too fast, or you start to cry.
- Practicing taking brave steps in a safe place with a grown-up helps to make a scary situation feel less and less scary over time.

PRACTICE SKILLS

- When your child is going into a new situation, let them know what to expect, so they will feel more confident. Some kids may ask a lot of questions — and that's okay. They may also like hearing the same details a few times.

“You are going to dance class for the first time, where you'll meet your teacher and get to know your classmates! I'll be in the waiting room the whole time and will get to watch you do your class.”

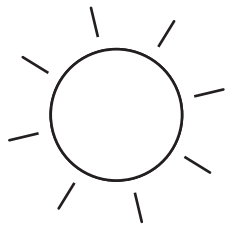
- It helps kids to know what a new situation will look like. How big is the classroom? How far away is the waiting room? Try to describe what a new situation will look like or show them a new space before they have to face it on their own.
- But let them know that it's still normal to feel scared or nervous.

“When we start something new, we can feel a little scared or nervous and that's okay. Everyone feels scared sometimes.”

- Help kids understand that feelings in their body and their emotions are connected.
 - “When you feel scared, where do you feel it in your body? Does your tummy feel funny or hurt? Does your heart feel like it’s beating fast? Do your hands feel shaky? All those body feelings can happen when you feel scared or nervous and that’s okay.”
- Show them skills they can use when they feel scared by doing them yourself. Take a deep breath or say out loud, “I can do this,” when you feel nervous or try something new.
- Be understanding of how they feel but also encourage them to take brave steps.
 - “I hear that you feel scared AND I know you can take this brave step.”
- When your child does take a brave step, celebrate it. And remind them that practice will make being brave easier.
 - “You did a wonderful job going into class all by yourself! The more you do it, the easier it will be!”

START WITH THIS →

- Name uncomfortable feelings — being nervous or scared — and let kids know they’re normal. Show kids ways to feel calm by doing them yourself.
- Talk about taking brave steps as a way of practicing feeling less scared. When a kid takes a brave step, celebrate it and cheer them on to keep going.

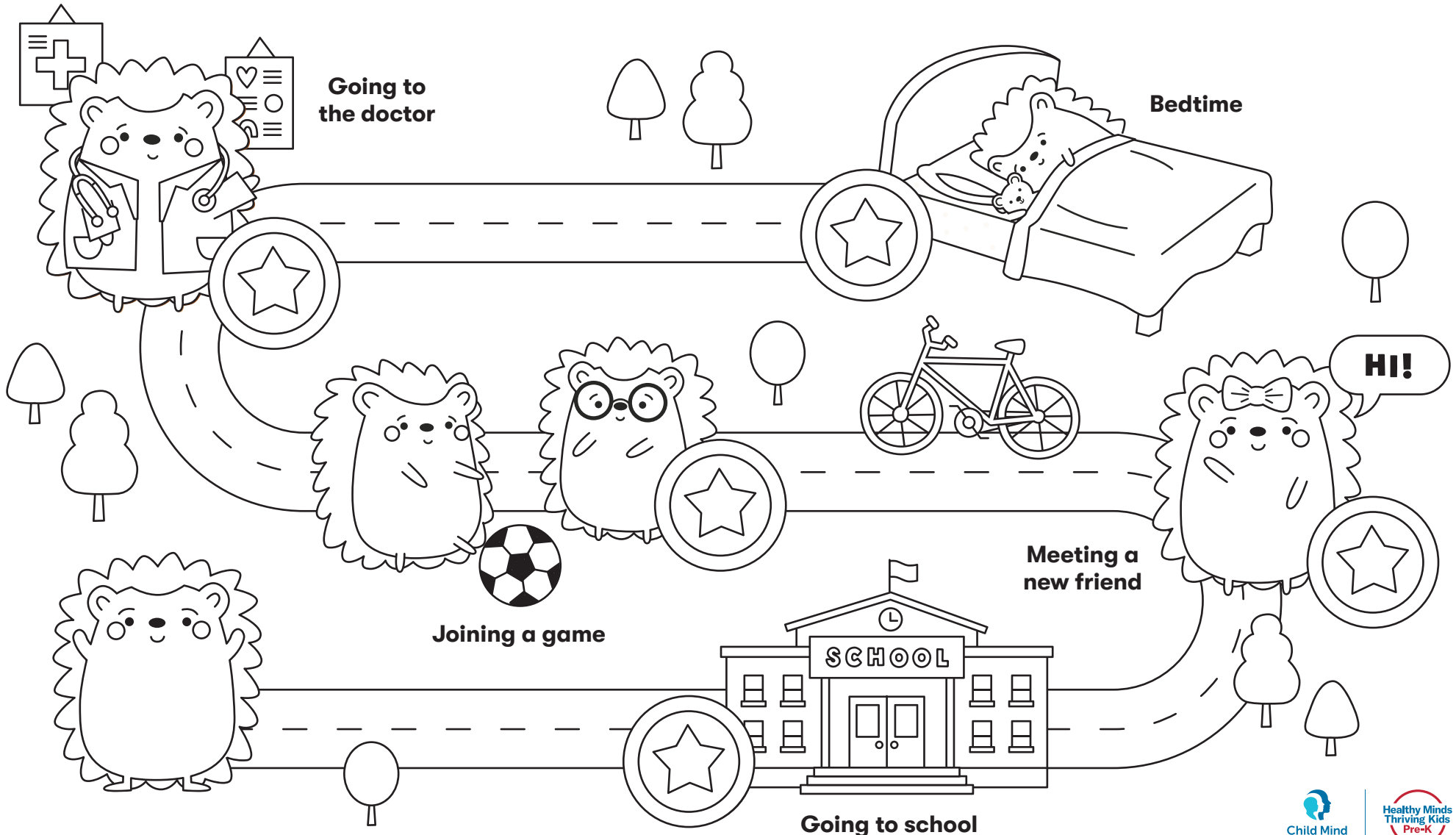


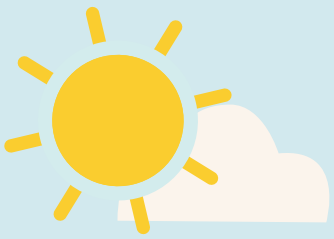
Being Brave

♪ A little bravery every day makes the scared go away. ♪



Trace the hedgehog's steps through Hedgehog Land to collect bravery coins by doing things that may make them feel scared. Color in the bravery coins as you go!





Being Brave



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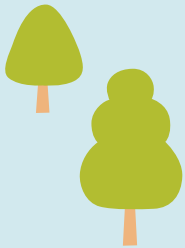
Trace the hedgehog's steps through Hedgehog Land to collect bravery coins by doing things that may make them feel scared. Color in the bravery coins as you go!



Going to the doctor



Bedtime



Joining a game



Meeting a new friend



HI!



Going to school

