



Be Brave and Ask For Help



Being brave during worrying times can help us to feel better and feel good about ourselves. Remember, it is not about dealing with tricky times alone or not facing them at all. It is about sharing our worries and fears, asking for help and working with others to find a positive way forward. This can help us to overcome any challenges we face.

Jot down your thoughts below.

Being brave means...

When I am worried or frightened, I could talk to...

I could ask for help by...

Something new I would like to try is...

Something that would help me to 'find my brave' is...