

BRAVE BUDDY'S POWER FOR LITTLE WORRIES: ANXIETY SUPPORT FOR CHILDREN

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MEET BRAVE BUDDY

This is **Brave Buddy**.

He is small, soft and very kind.
Brave Buddy is here to help you
feel **brave** inside.

Sometimes, things can
feel **hard**, **new**, or
a little bit **scary**.
That is when Brave
Buddy can give you a
Brave Power.



You can choose the Brave Power
you need today.
Then carry it in your heart, in your
pocket, or in your mind.

BRAVE BUDDY'S POEM

Hello, I am Brave Buddy,
small and kind,
I help you feel strong
in your heart and mind.



When things feel new or
a little bit tough,
I give Brave Power
when things feel rough.

Just touch my paw, so soft and warm,
Close your eyes—feel safe from harm.
Count to three, nice and slow...
1... 2... 3... let brave power grow!

Say the words to help you through:
“Brave Buddy, give me your brave
power too!”

Then carry it with you all day long—
In your heart, where you are brave
and strong.

BRAVE BUDDY



**MY BRAVE POWER:
TRYING SOMETHING
HARD**

Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

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Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



**MY BRAVE POWER:
GOING SOMEWHERE
NEW**

Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



Touch Brave Buddy's paw.
Close your eyes and count to 3.
Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



**MY BRAVE POWER:
GOING TO SCHOOL**

Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



Touch Brave Buddy's paw.
Close your eyes and count to 3.
Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



Touch Brave Buddy's paw.
Close your eyes and count to 3.
Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



Touch Brave Buddy's paw.
Close your eyes and count to 3.
Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



**MY BRAVE POWER:
SAYING SORRY**

Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



MY BRAVE POWER:

Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"

BRAVE BUDDY



Touch Brave Buddy's paw.

Close your eyes and count to 3.

Say: "Brave Buddy, give me your brave power!"