

Ladder of Bravery

This is an activity to help children think and talk about the things that may scare them and the ways they could show courage to overcome them.

1. On the page below there is a picture of a ladder. You can either print the page out or draw your own ladder on a piece of paper.
2. Ask your child to think about the things that scare or frighten them. It might help to share some things you may be frightened of (e.g., spiders or speaking in front of people).
3. With your child think about some of the steps they could take to overcome their fear.
4. When you've decided on the steps, write them on each step of the ladder with your child (you could have your own ladder too!).
5. Keep the ladder in a prominent place in your home and when your child reaches one of the steps on the ladder, move the smiley face up the ladder.



Each time they move up the ladder, praise your child and ask them how they feel about the thing they are scared of and whether they feel ready to try move up to the next step.

This is not a process to be rushed, only encourage your child to the next step if they feel ready and ensure you emphasize how proud you are about the progress they are making.

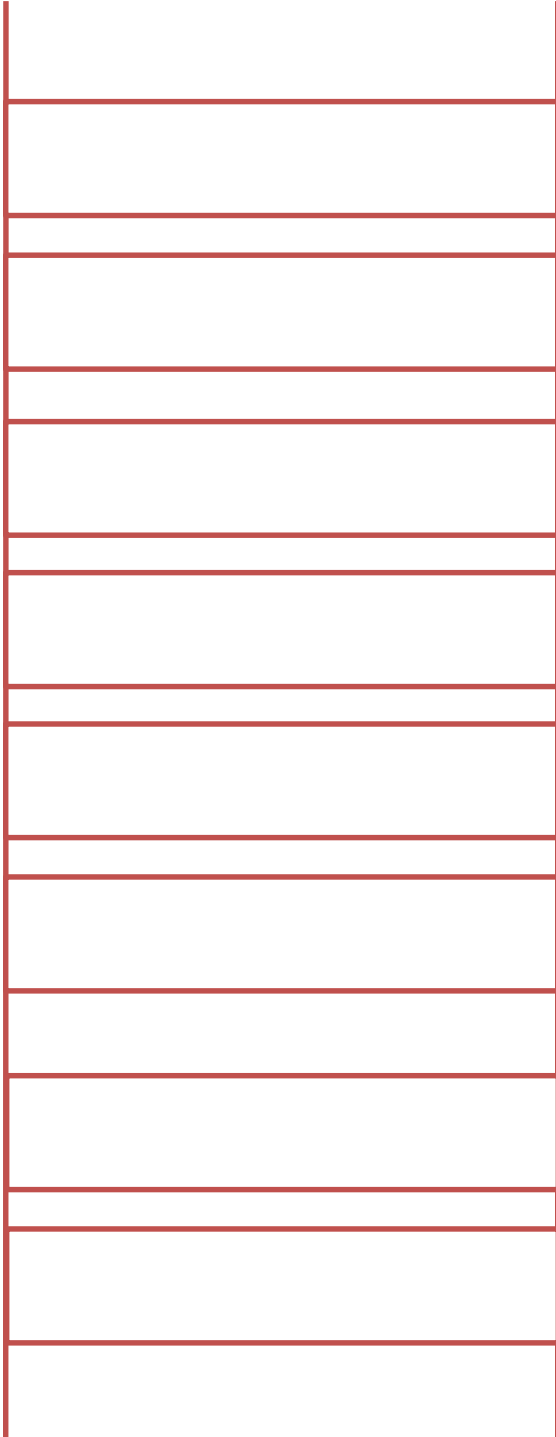
Materials:

- Plain Paper
- Sticky tape or blu-tack
- Crayons/felt tip pens
- Glitter/stickers

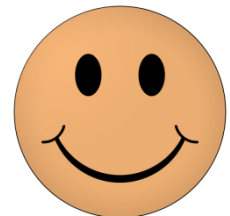
Ladder of Bravery



THE
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1. Write each action on one of the steps on the ladder opposite (use as few or as many steps as you like).
2. Start at the bottom and work up the ladder so the top of the ladder reflects your child overcoming their fear.
3. Cut out the smiley face and pop some sticky tape or blu-tack on the back so you can move the smiley face up the ladder.

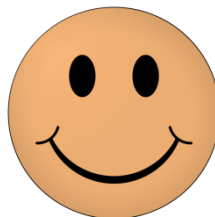


I'm scared of _____

Example



8. Read in an assembly
7. Read in class when a teacher asks for a volunteer
6. Read a story to a friend at school
5. Read a story to my whole family
4. Offer to read a sibling a bedtime story
3. Read a whole story out loud at bedtime with my Mum or Dad
2. Read a few pages out loud at bedtime with my Mum or Dad
1. Practice reading out loud to one of my favourite toys



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I'm scared of reading out loud in front of people