

My Brave-in-the-Dark Kit

When it's dark and I feel scared, I can be a brave detective:



1

Turn on a light and LOOK. Brave detectives check!



2

Name it: "That's just my coat."



3

Take a brave breath: smell the cookie, blow out the candle.



4

Make a brave face and roar like a lion. ROOOAR!



5

Hug my teddy, or hold a grown-up's hand.



6

Look for the stars. The dark is full of lights.



7

Say it: "I feel scared because ____."

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