



zest's Courage Flip

I can be brave

I'm feeling shy, so
I'm scared to talk.



Use your voice
once today, even a
whisper counts!

I'm scared they'll
laugh at me?



Remember to be
yourself, even if it's
different from others.

I'm scared that it's
too hard for me.



Ask for help, and do
one part of the hard
thing. That's still brave!

I'm scared that
I'll mess it up?



Try something new
today, even if you're
not sure how it will go!

I'm scared that I
won't be good at it.



Keep going even if
it's tricky for 5 mins.
Practice = Power!

I'm scared that
I'll get it wrong?



It's okay to make
mistakes, no one
is perfect!

SQUIDGETS

