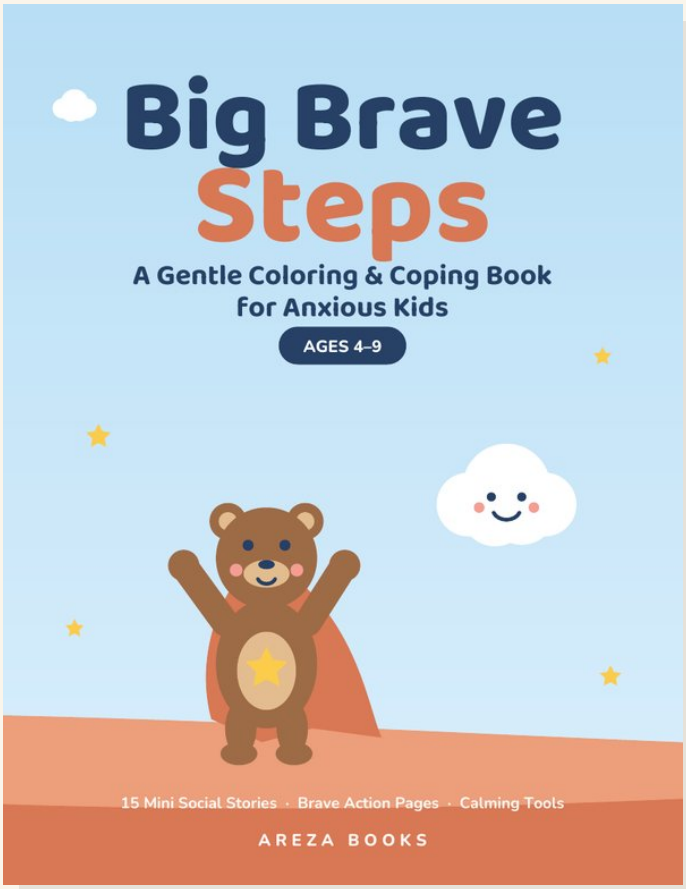

Big Brave Steps

A coloring & coping book for anxious kids · Ages 4–9

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Mini social story: the Dentist
- Page 3: Brave Action page
- Page 4: 5-Finger Star Breathing

Coming soon to Amazon. Join the list at areza-books.netlify.app to hear the day it goes live.

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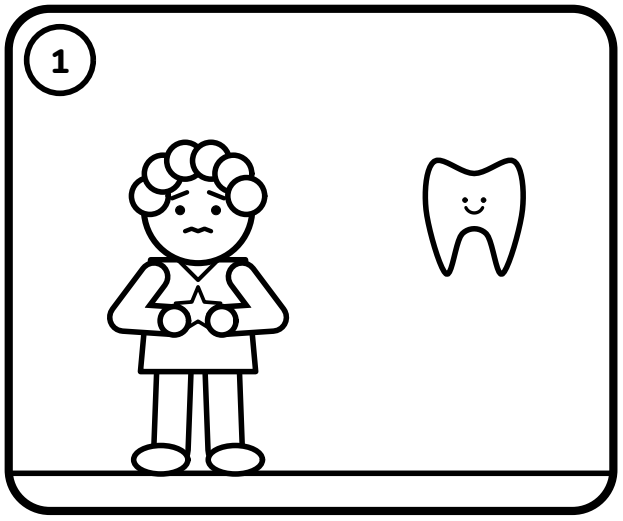
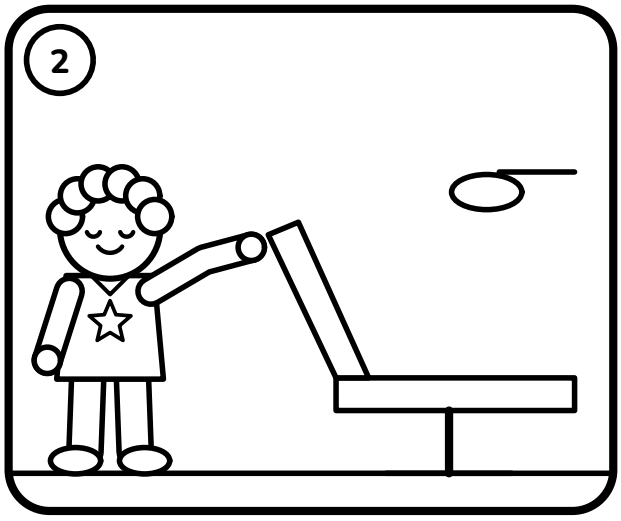
MINI SOCIAL STORY · 1 OF 15

Going to the Dentist

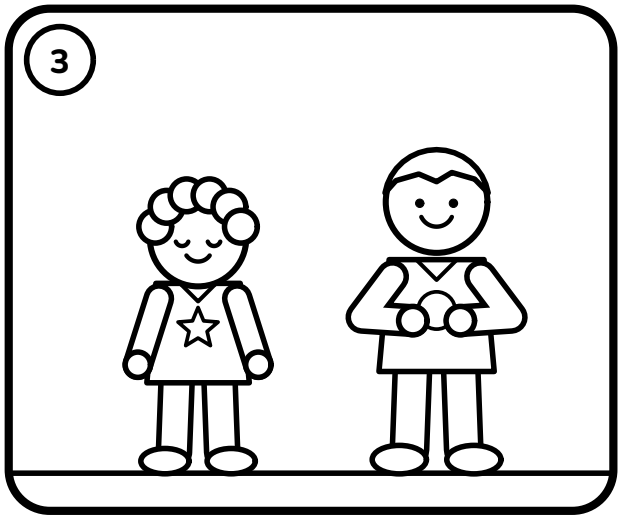
Read the little story together. Then color the pictures.



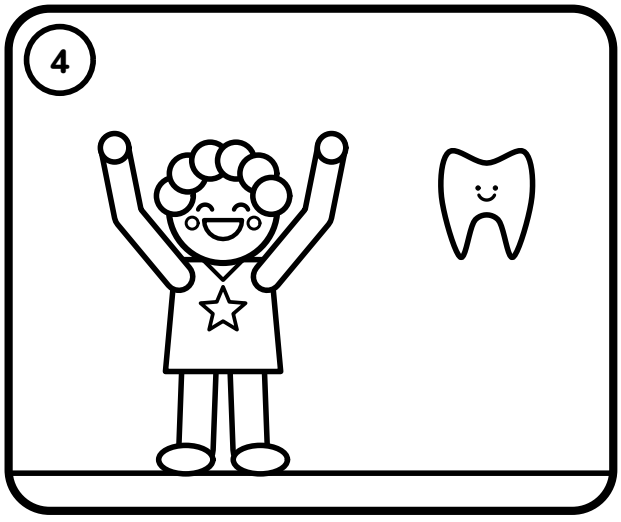
Today I am going to the dentist.



I sit in a big chair that goes up and down.



The dentist counts my teeth and makes them shiny.



I can open wide and be brave!

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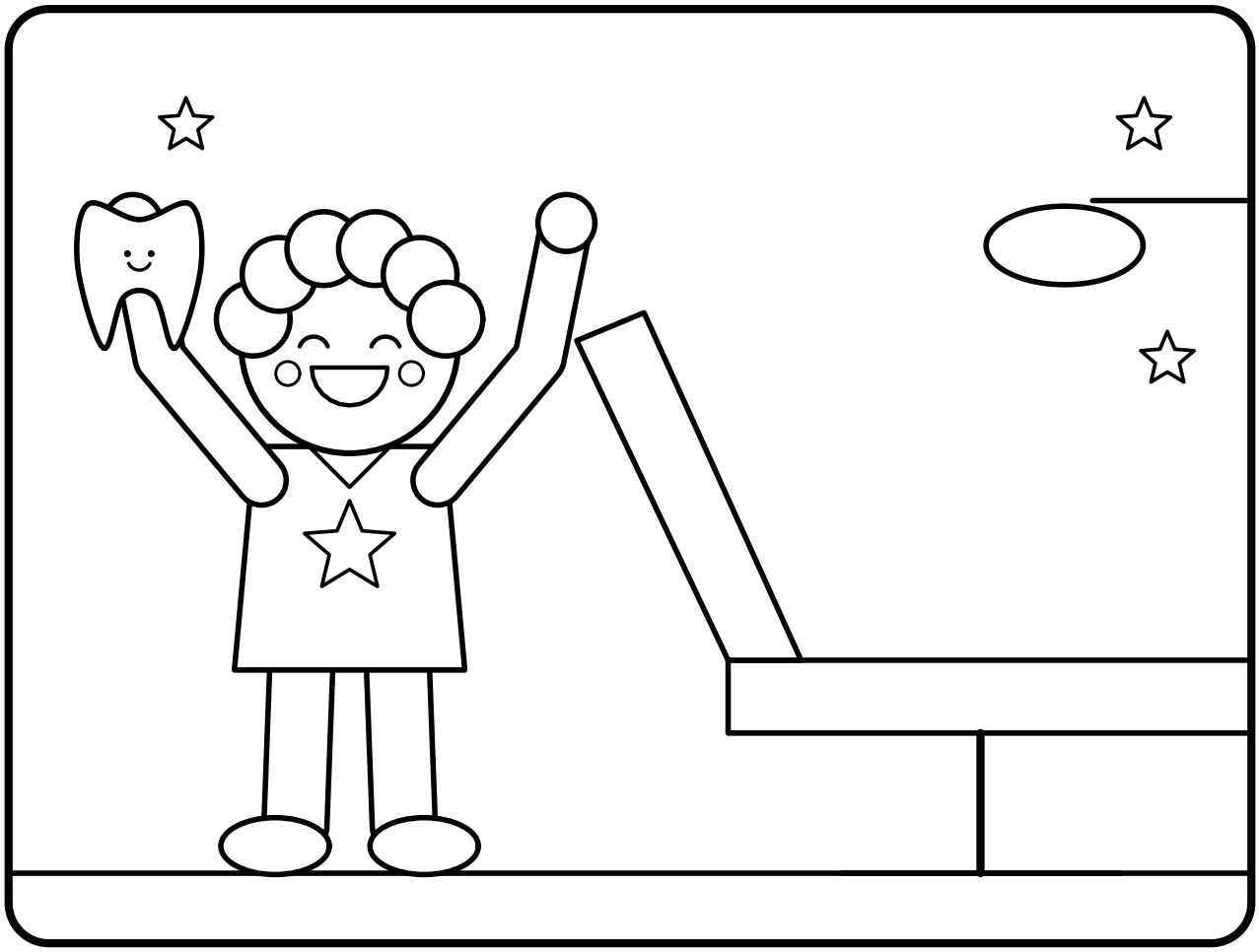
BRAVE ACTION · 1 OF 15

I Can Open Wide!

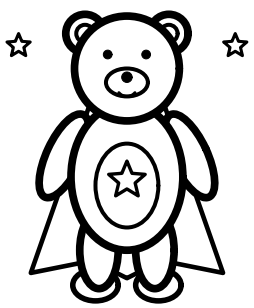
Color the picture. Then try this brave step in real life!



My Brave Rating

How brave did I feel? Color the stars!





I tried it on: _____

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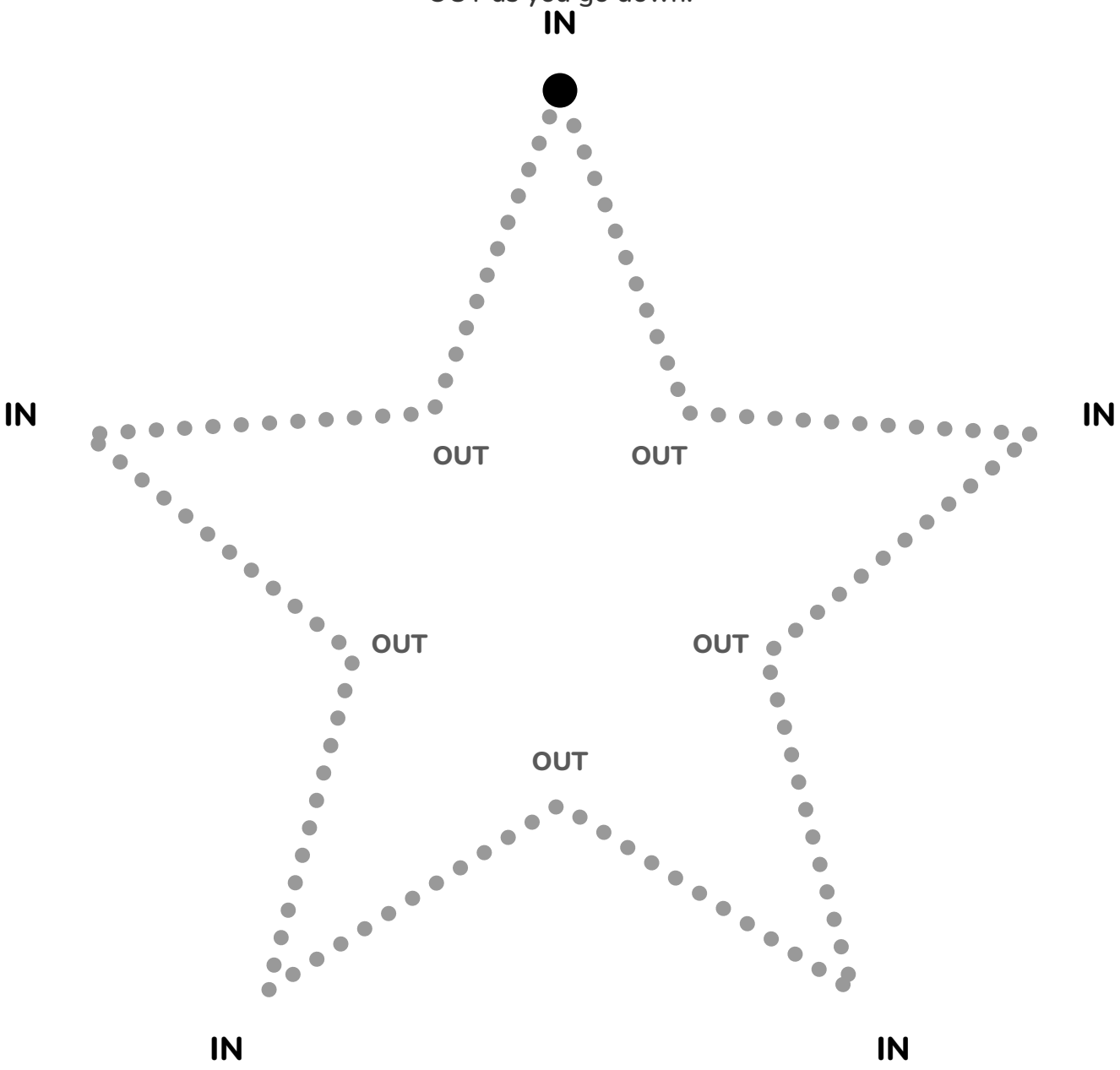
BRAVE TOOLS

5-Finger Star Breathing

Trace each point of the star with your finger. Breathe IN as you go up. Breathe OUT as you go down.



Do it again until your body feels calm.

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