



A LITTLE PRINTABLE FROM

Nora's Little Book of Brave Things

gentle helps for brave little hearts



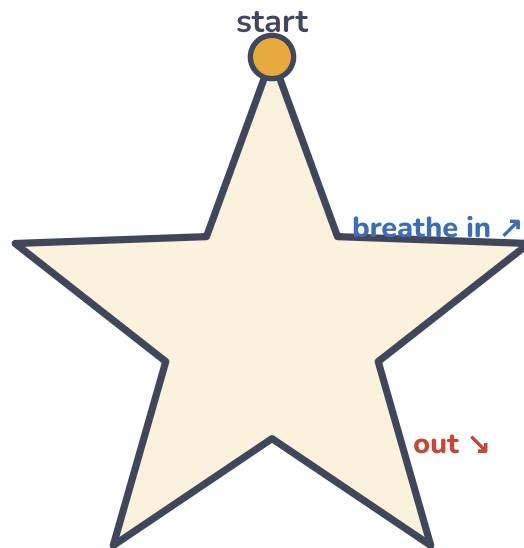
featuring Clover the bunny





Big Breath In, Blow the Hurt Away

a brave breath you can do anywhere



Trace the star with your finger. Breathe **in** as you go **up** each point. Breathe **out** as you slide **down**. Go slow. Do it three times.

*This is the breath Nora uses. **Big breath in. Blow the hurt away.***





My Brave Plan

fill this in together before a shot or a checkup

1

I will bring my lovey:

2

My brave breath: **big breath in ★ blow the hurt away** — three times.

3

Something calm to look at (not the needle):

4

I will sit: ☐ up tall ☐ on a grown-up's lap

5

When it's all done, my little reward is:

**"Brave isn't when you're not scared.
It's when you're scared, and you do it anyway."**

A gentle tool for grown-ups and little ones — it isn't medical advice. Ask your doctor or nurse what's right for your child.



What Made Me Brave Today?

draw it, or tell a grown-up and they can write it

draw it here 

Today I felt scared when

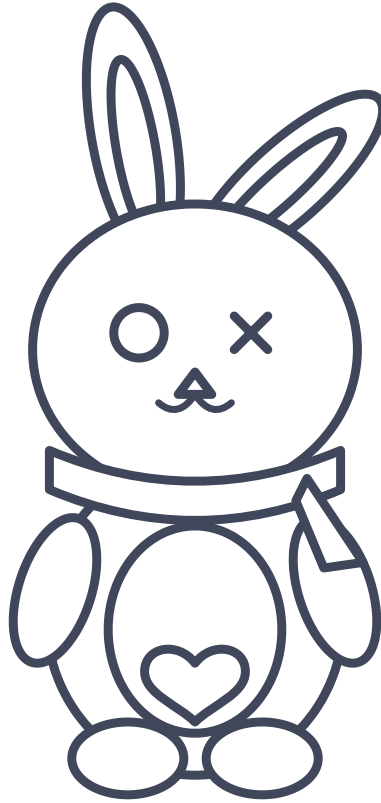
And I was brave because

How brave did you feel? **Color the stars:**



Color Clover!

color him any way you like — there's no wrong way



...and color the stars, too! ☆ ☆ ☆