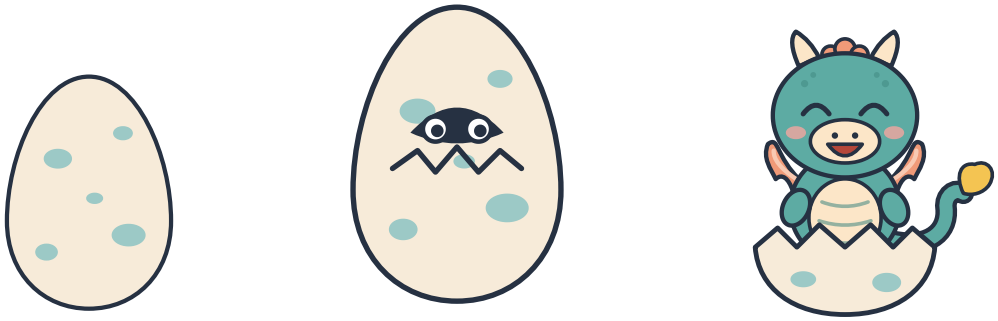
STARTER PACK

Bravenest



Dragon Egg Starter Pack

Calm and courage, one small step at a time.
Free printable sampler for children aged 4 to 10.

CALM AND COURAGE | FOCUS QUEST | BIG FEELINGS

Scan to listen and play
bravenest.app/p/egg

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Bravenest

Welcome, grown-ups

How it works

Each page has a QR code. Scan it with a phone or tablet to open a companion page: read-aloud audio, a 60-second calming activity, and an "I did it" button. No app, no login, no data collected.

Courage grows from safety

Children are bravest when they feel safe with a caring adult. Sit close, stay curious, and praise effort, not perfection.

Start here

1. Hatch your dragon (next page).
2. Learn the Flame Meter together.
3. Practise Dragon Breath when calm, so it is ready for big moments. 4. Try the Focus Quest and Big Feelings samples.

A note on care

Bravenest is educational. It is not therapy and does not diagnose. If worry, attention or feelings get in the way of daily life, talk with your child's doctor or a registered mental health professional.



Meet **Bo**, our Bravenest dragon. Bo hatched in a safe nest and is learning to be brave, just like your child.

Scan to listen and play
bravenest.app/p/egg-welcome

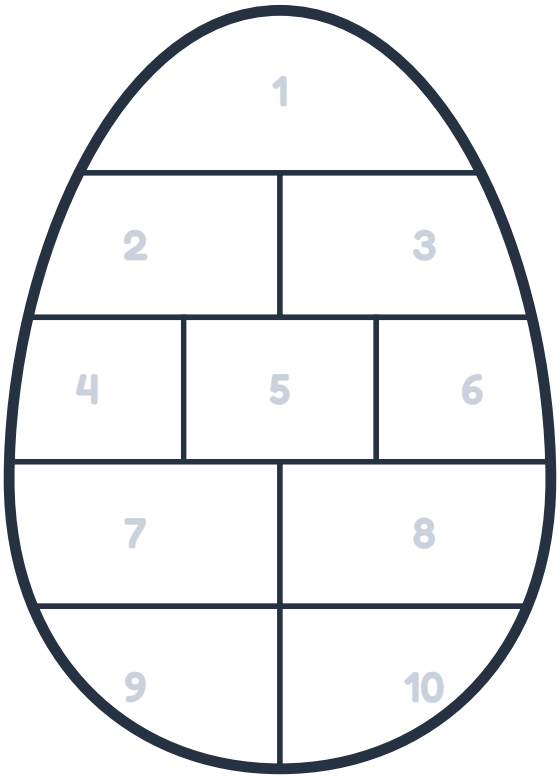
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Hatch Your Dragon

Colour one piece of the egg each time you practise a calm or brave skill. When the egg is full, your dragon hatches!



How to hatch

1. Practise a calm or brave skill.
2. Colour one piece of the egg.
3. Fill all 10 pieces.
4. Your dragon hatches!

Skills to practise

Dragon Breath · Name a feeling · Try a Wing Step · Finish a quest · Use your Brave Voice



My dragon's name:

Scan to listen and play
bravenest.app/p/hatch

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The Flame Meter

Every feeling has a flame. A tiny spark is calm. Blazing is very big. How big is your flame right now?

1	2	3	4	5
				
Tiny spark	**Small flame**	**Middle flame**	**Big flame**	**Blazing**
I feel calm and okay.	I feel a little something.	The feeling is getting bigger.	The feeling is very big.	It feels too big right now.



My flame right now is:

(1) (2) (3) (4) (5)

Circle a number. Small flames are okay. Big flames need a Nest Kit tool.

Scan to listen and play
bravenest.app/p/flame-mini

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Dragon Breath

Smell the flowers. Breathe in through your nose, 2, 3, 4. Cool the soup. Blow out slowly, 2, 3, 4, 5, 6. Do it five times.



1. Smell the flowers
Breathe in through your nose. Count 1, 2, 3, 4.

2. Cool the soup
Blow out slowly through your mouth. Count 1, 2, 3, 4, 5, 6.

3. Do it 5 times
Feel your flame get smaller.

Tip for grown-ups: practise when calm, a few times a day, so it works when feelings are big. A longer out-breath helps the body relax.

Scan to listen and play
bravenest.app/p/breath-mini

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First, Then

First, we do this. Then, we do that. Draw or write your first job and your then reward.

First

draw or stick a picture

Then

draw or stick a picture



Tip: Keep the "first" job short and clear. Make the "then" something your child really likes. Laminate and use a dry-wipe pen.

Sample from the Focus Quest kit.

Scan to listen and play
bravenest.app/p/firstthen-mini

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How Does Bo Feel?

Look at Bo's face. What feeling is it? Point to how you feel today.



Calm
Slow breath, soft body



Happy
Smiley face, light body



Excited
Bouncy, fast heart



Proud
Tall back, warm chest



Worried
Tight tummy, busy thoughts



Scared
Wide eyes, want to hide

Today I feel: _____

Sample from the Big Feelings kit.

Scan to listen and play
bravenest.app/p/faces-mini

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