



Brave Every Day

Reading Activity Sheet

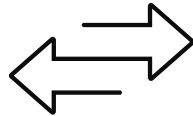
Book: *Brave Every Day* by Trudy Ludwig

Name: _____

This or That?

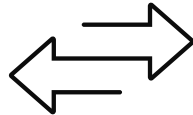
Everyone has to be brave sometimes, but not everyone is scared or anxious about the same things. Circle which one of these situations you think would require **you** to be more brave:

Play with a new friend for an hour



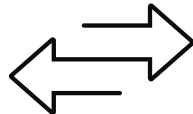
Speak to a group of new people

Hear scary noises during the night



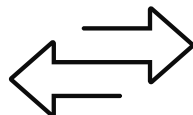
See something move in the darkness

Come across a shark while swimming



Come across a giant squid while swimming

Start a new school in a new town



Find a spider in your hair or on your body