Introduction

Hey, kids! You are seven now! That’s so exciting! Being a kid is a big job, but it can be fun too. Now that you are seven, you might have chores at home or more schoolwork. Doing chores or schoolwork isn't always fun, but being seven means you can do big kids stuff too! Isn't that exciting?! You can start learning to swim or ride a bike without training wheels.

There are other things you need to learn too. These things will help you when you are a grown-up like mommy and daddy. Things like being brave and learning how to talk about your feelings. When you are a kid, your biggest job is learning how to be a good kid and adult when you grow up.

Some of these skills can feel hard to do. You might not know what to do. But guess what?! You don’t have to learn all these all on your own. You can always ask for help from your favourite adult. They are your dad and mom or another family member. They could also be your favourite teacher.

When you feel stuck, think about the grown ups you trust and ask them for help. Show them where you need help. Ask them questions and what they would do. They can help you because they were once seven years old. They had to learn these skills just like you.

Now before we move on, I want you to stop and think about three grown-ups you can stop and ask for help if you need it. Have you done that? Very good!

The most important thing is that when things get hard, you don’t give up. You might not understand this at first but that’s okay. It probably took you time to learn to read and write but because you practiced reading at school and home, it became

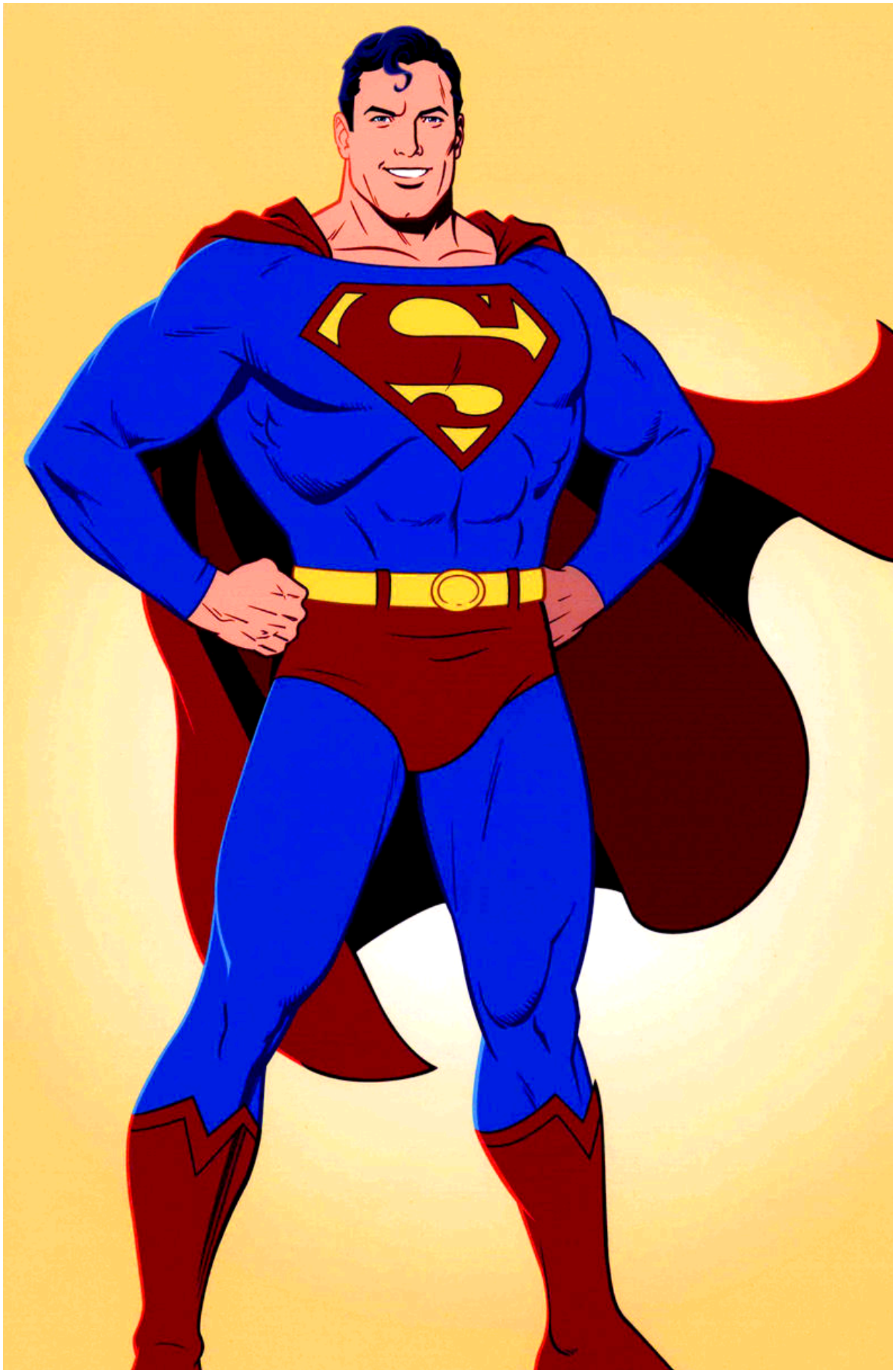
easier. The things you practice get easier and when you get good at them, you might look back and wonder why you thought they were hard!

So, are you ready to learn these skills?! Do you want to be a good adult like your favorite grown-up?! Then let's start working on the skills you should learn this year. And remember to ask for help when you need it. And if you see a word too big or too hard, ask for help then too.

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Chapter One

Becoming Super like Superman!



Have you ever been scared to do something before? Maybe something you have never tried before. Maybe something that is really hard. Or, It's something that is just really scary. It is okay to be scared! Everybody is scared, sometimes even grown-ups. To prove it, I will tell you some of my fears.

I am scared of spiders! They are crawly and have too many legs! When I see a spider, I sometimes want to run away in the other direction as fast as I can. I am also scared of heights. I am always afraid to fall even when I know I am somewhere safe. Being somewhere high makes me afraid because the ground is so far away. Being afraid of something doesn't mean I can't be brave. You can be brave and scared at the same time.

You might be wondering how you can be brave and scared at the same time. Well, let me tell you the story of Merlin the brave Knight! Are you ready to hear the story of this great knight?! Say yes if you are ready! Okay, I heard the Yes.

Merlin is a knight and powerful warrior. One day, he rode his mighty horse into a village.

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Everyone in the village looked scared and worried. Merlin asked what they were afraid of. One person said that their princess has been taken by an evil magician and his dragon. The magician's dragon is so big with sharp fangs and scales.

Merlin asked them where the magician and his dragon were, but they were all too scared to tell him. Just as he was about to ask again, he felt a tug on his sleeve. He looked down and saw a little boy named Jeremy staring up at him shyly. He said he would show him where the magician lives.

"Aren't you scared?" Merlin asked the little boy.

"I am scared". Jeremy said.

“But why do you want to help me if you are scared”? Melin asked.

“Because it is the right thing to do and the princess will help me if I was taken by the magicians. I want to be brave like her too”. Jeremy answered.

When you are brave, you do something that is scary because you know it is the right thing to do. Just like Superman saved the planet earth, you also can be brave and help people.

Sometimes, things can feel really scary. These might be things your friends find scary as well or they might not find it scary at all. When the things you find scary are not dangerous at all, then it is time to be brave! Firefighter, astronauts and soldiers are all brave and their jobs are really hard.

When something feels scary, our brains may tell us to run away, go and hide or stay away no matter what. But we don’t always have to listen to what our brains tell us. Sometimes our brains play tricks on us and tell us something is scarier than it is.

Being brave is tough for everyone including Mommy and Daddy, so it can be tough for you too, but you can do it too. You are brave, be courageous and do what you are scared of.

How can you be brave every time you are scared of doing something? Read on to find out!

Talking about what scares you

Lots of things can be scary. The dark can be scary because you can’t see. You don’t know what is around. Strangers can be scary because you don’t know them. Trying new things can be scary too because you don’t know what will happen. Part of

being brave is knowing what scares you so you can learn how to get past it. How do you get past your fears?

Let me introduce you to my special friend, Jeremy. Jeremy is scared of the dark.



Anytime his parents switch off his room light, he immediately sees strange shapes on his wall. This makes him shiver in fear. He rubs his eyes to see if the shapes are still there.

“Oh no! They are still there”, he said before running to his parents’ room.

“What’s wrong”? His mom asked.

“Nothing, I just want to stay here”, he said.

“You are seven now”, his dad said. “You have to sleep in your own room”.

Jeremy started crying loudly. His mom asked him to tell her why he won’t stay in his room. He replied and said they were strange shapes in the room. His parents

stood up and they all went to the room. Upon getting there, his father switched on the lights and looked at the wall but there was nothing there. Jeremy then told his father they appear when the lights are off. His father then switched off the lights.

“There they are! Can you see them, dad?” He asked.

“Oh! Those are shadows of the trees outside. Can you see how it shakes? Were you afraid of the shapes?”

“Yes, being in the dark scares me”.

“Oh! I was just like that when I was young!” His father said.

“Really? How did you stop being scared of the dark”. Jeremy asked

“Well, I talked to my dad. And he got my shining ceiling papers for a while to look at night. I stopped being scared of the dark”. His father replied.

“Oh! That is so cool. I want to stop being scared too”. Jeremy said.

“Okay, let me tell you what to do”, his father said.

Like Jeremy, you too might be scared of the dark. I was scared too, but when you talk about your fears with you grown-ups, they might help you overcome them.

Do you want to be like Jeremy and stop being afraid? Then you must do the following things.

- First, go to the grown-ups you trust and talk to them about your fears
- After that, listen to their reply
- Then, ask them how you can stop being afraid.
- Finally try to follow their suggestion and be brave.

Talk to yourself in an encouraging way

When your brain is telling you NO, tell yourself, “I can do it! I can handle it! Then you will feel more confident and brave! How about you give it a try now?

- I can do this!
- I am brave!
- Even though I feel scared now, I can do this because I am brave!

Another way to be brave is by making a promise to do something brave. When you set a goal and make a promise to yourself, it makes you want to achieve that goal. You can plan to sleep with your room lights off! Or say hi to the new people in church on Sunday.

Once we do something brave, we are always glad we did. We feel very proud of ourselves which makes it easier to be brave next time.

One great thing to do is reward yourselves after being brave!



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Being brave is tough and when we accomplish tough things, it's nice to reward ourselves. You can reward yourself with

- A pat on the back
- A self-hug
- Get a trip to Ice cream country!

You can get all these because you were a champion! Remind yourself again by saying, "Right now, I am brave and I am a champion who does brave things!

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Chapter Two

Trying New Things



“I am dancing in the festival today”! Jane announced to her parents.

“Really? Said her mom. You would have to go on stage. Are you okay with that?!”

“Of course, Mom. I am seven now. I want to try something new!”

“Okay, dear”.

Jane and her parents went to the festival later that evening. Jane was surprised to see such a large crowd. She never noticed the crowd before because she was always taking the festival rides with her friends.

“Oh! Maybe this isn’t the year to try something new”, she said.

Soon, it was time for the dance team to perform and Jane was the lead dancer. She ran to the bathroom with her heart banging, bam! Bam!! Bam!!!

After searching for her, her coach told her parents and they started looking for her. Her mom found her in the bathroom.

“Jane, are you okay”?

“Yes mom. I am just so scared and nervous.”

“To go on stage”? asked her mother.

“Yes, I have never done it before. What if I don’t do well”?

“Oh dear, it is okay to be scared when trying new things. I get scared sometimes too. But you must learn to overcome them because life is full of things you must learn”.

“Now take a deep breath and stand up”.

“Okay, mom.”

Jane returned to the back stage with her mom and took a deep breath before going to the stage with her dancers. She danced so wonderfully that everyone stood up to clap and shout.

“I am so glad I joined the dancing team, mom”, she said when she got home.

Like Jane, trying something new might be hard and scary but you need to try something new. It doesn't have to be dancing like Jane, you can try wearing a different bag to school or try to eat those veggies you hate.



Or you can try joining your mom in planting veggies in the garden. There are lots of new things to try out there.

Now, let's meet my friend, Ian.

Ian is a picky eater like some of you. When it comes to food, Ian didn't like it much. He didn't like strawberries or apples. He hated spaghetti and wouldn't even touch cheese. He loved ice cream but only chocolate ice cream. He likes it in a con

and cup. The ice cream shop in his neighborhood has every flavor of ice cream. One Sunday, Ian went to get his usual chocolate ice cream.

“Hi Ian, why don't you try something new today?” The attendant said.

“No, thanks”, he said.

“How about banana flavor?”

“No thanks”.

“What about vanilla?”

“No, please”.

The attendant suggested all the flavors but Ian rejected them all.

She gave him the last two scopes of chocolate flavor. The attendant slipped while taking sprinkles to the counter. There were rainbow sprinkles everywhere! On the ground, counter, and even in Ian's chocolate ice cream.

Ian was sad.

He loved only plain chocolate. But these were the last two scopes and he was very hungry. He decided to take it like that.

“Oh, I like it!” Ian said.

“You do?” The attendant asked.

“Yeah, it is not bad.”

“Wonderful! So you like sprinkles now”.

“Chocolate sprinkles ice cream”, Ian corrected.

“Maybe you can try the vanilla flavor next time”.

“Maybe”, Ian replied.

Did you see that?! Ian gets to taste a different flavor because he decided to take his sprinkled ice cream like that. He could have thrown them away but he chose to try something new! And because of that, he discovered that sprinkles aren't too bad.

When you try new things, you might find things you like more than the old ones. But if you don’t try, you might become like Hannah, the girl who doesn’t try new things.

Hannah was a girl who never wanted to try new things. She always thought that trying new things like going to a birthday party or telling a story is bad.

One day, at school, the teacher asked her to tell the class what her favorite toy was. She didn’t say anything and some of her classmates laughed.

What do you think about Hannah?

Was she right about not trying new things?

No! It wasn’t.

So just like her, you need to stop thinking that trying new things is bad. You need to try new things and not be afraid. You can ask your parents and classmates for help. You can start by learning something and gradually doing more new things. It might be hard at times but trying new things is the only way to learn how to do those things.

Why must I learn new things?!

Are you wondering why you must learn new things?! New things might be scary but when you learn them, you become a brave champion like Superman!

How?

Trying new things helps you beat Mr. Fear. And when you beat Mr. Fear, you become a brave superhero.



Have you seen a superhero walk before? I have! And they walk with confidence. Why? Because they get the confidence from trying new things.

That means you can walk like your favorite superheroes if you try something new today. Isn't that awesome?!

Now, you might be like Hannah who is not confident in trying new things. Don't worry; I will give you the secret method I use to feel confident enough to try new things,

- Remember your past wins and all the times you tried something new and had fun. When you remember those times, it will make you confident to try something new again.
- Write down a plan of new things to do. It might be joining the swim team or riding a horse. Once you have a plan, you can start working towards it. Think hard about the new things you want to try and write them down. Then decide when you want to do them.
- After writing a plan, create a new things poster. The poster is a blank page. Every time you do something new you can write it down on your poster. When you join the swim team or plant a flower for the first time, you can write them down.

If you don't know what things to try, you can look through the things below.

- Build something out of trash/recyclables.
- Learn to wash plate
- Wash your clothes
- Catch fireflies.
- Learn to clean your room
- Learn to sing
- Learn how to dance
- Climb a tree.
- Collect leaves and then try to identify them
- Draw on the sidewalk with sidewalk chalk.
- Go bird watching.

- Go to the park.
- Have a catch.
- Have a picnic outside.
- Have a water balloon fight.
- Practice a sport you enjoy.
- Jump on a trampoline together.
- Listen to your favorite songs together and sing along.
- Make life-size drawings of each other on the back of some old wrapping paper.
- Make swords out of rolled-up newspaper, and have a pretend sword fight.
- Pick flowers and press them on wax paper.
- Plant seeds from something you've eaten, such as an apple or watermelon.
- Play in the sand.
- Play tennis.
- Ride bikes.
- Run through the sprinklers.
- Sit outside and look at the stars.
- Swing on the swings.
- Take a walk in the woods.
- Take your dog to a dog park or visit a local animal shelter (bring a donation).
- How to ride a bike.
- Visit a garden.
- Visit a skate park and watch older kids do tricks.
- Play a sport or see a friend's game.

Remember trying new things is always easy but if you do them you will have more fun and feel good about yourself.

So, what new things are you going to try today?

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