

# I Can Hike My Brave!

## Jaden's Trail-Tastic Activity Guide



FIVE SENSES - BIG GOALS - BRAVE STEPS



A fun guide to help me pause, notice, breathe, and take one brave step.



One mountain. Five senses. Many brave steps.

# MY BIG GOAL MOUNTAIN

A big goal can feel tall. I can climb it one brave step at a time.



A big goal that feels tall is:

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One tiny brave step I can try is:

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A helper who encourages me is:

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A brave sign I can remember says:

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Big goals. Brave steps. One small step at a time.

# WORRY BODY CLUES

When the mountain looked too big, Jaden noticed body clues. I can notice mine too.

- ☐  My tummy flips.
- ☐  My knees feel tight.
- ☐  My cheeks feel warm.
- ☐  My legs feel sore.
- ☐  My feet feel tired.
- ☐  My pack feels tight.
- ☐  I want to stop.
- ☐  Other: \_ \_ \_ \_ \_



My worry thought was:

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Brave does not mean never nervous. Brave can mean pausing and noticing.

# MY STICK OF LUCK

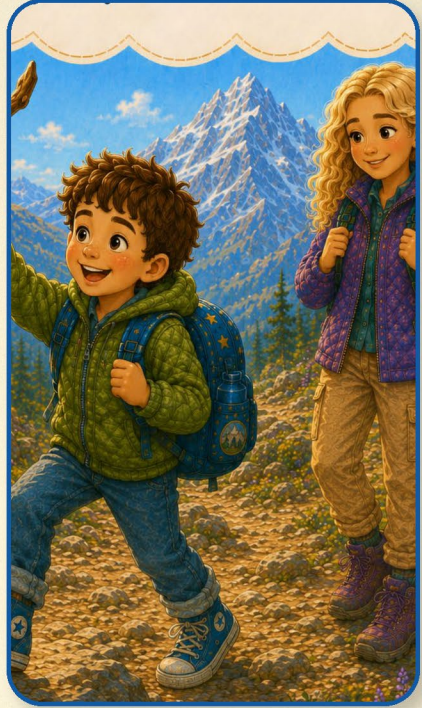
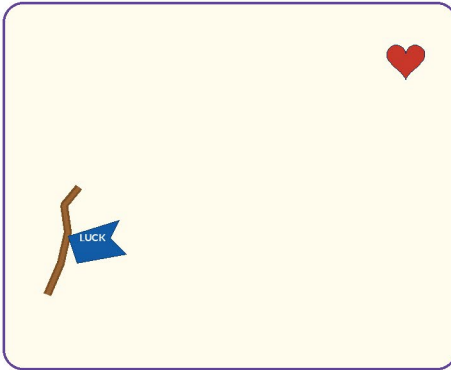
A brave tool can remind me: I can keep going.

Draw or write my brave tool:

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When the trail feels too much, my tool can remind me:

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My brave tool is inside me too: feet, breath, heart, and mind.



Big goals. Brave steps. One small step at a time.

# FIVE SENSES ON THE TRAIL

When worries wiggle, I can notice what is around me right now.

5



5 things I can see:

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4



4 things I can feel:

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3



3 sounds I can hear:

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2



2 things I can smell:

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1



1 thing I can taste:

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**Then I can say:**

I am here. I am safe. I can take one small step.

# BREATHE + ONE SMALL STEP

I do not have to climb it in one big leap.

1



## Stop

Pause by a tree.

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2



## Breathe in

Fill my belly slowly.

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3



## Breathe out

Let my shoulders drop.

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4



## Look near

Notice what is here.

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5



## Step

One nearby brave step.

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Color a trail stone each time I try one small step:



Big goals. Brave steps. One small step at a time.

# TRAIL CALM PRACTICE PLAN

When my worries start to wiggle, I can try:

☐

1. Hold my Stick of Luck

☐

2. See 5 things around me

☐

3. Feel 4 things

☐

4. Hear 3 sounds

☐

5. Smell 2 things

☐

6. Taste 1 thing

☐

7. Take one brave step



My brave thought is:

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I will use my trail calm tools when:

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Pause. Notice. Breathe. Step.

# BRAVE WORDS HELP

Encouraging words can help my brave grow.



Words I can tell myself:

Example: I can take one small step.

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Words I can ask for:

Example: Can you walk with me?

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Words a helper might say:

Example: Keep going. You are close.

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Words I can give someone else:

Example: You have brave steps too.

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I can be nervous and still try.



# SUMMIT REFLECTION

Look back. I did something brave, one step at a time.



A brave step I took:

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A sense that helped me:

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A tool that helped me:

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My next mountain is:

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**I can hike my brave!**

I made it here. I can keep going.



# About the Author

## Zinnia Grace Bloom

Zinnia Grace Bloom is a children's author, educator, and social-emotional learning coach with over twenty years of experience supporting young people in schools and community programs. Her work focuses on helping children build resilience, self-trust, kindness, and confidence.

With a background in counseling, social-emotional learning, and mindfulness, Zinnia brings a heart-centered approach to the stories she writes. Her books are inspired by the everyday courage children show as they face fears, discover their strengths, and learn to believe in themselves.

Through children's literature, Zinnia hopes to create stories that comfort, encourage, and remind young readers that even the quietest acts of bravery can make a difference.



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