

# 30 Days of Brave Challenges

<b>Day 1</b> Today, your act of bravery is to say hello to someone new.	<b>Day 2</b> Today, your act of bravery is to ask a question in class.	<b>Day 3</b> Today, your act of bravery is to try a new food.	<b>Day 4</b> Today, your act of bravery is to draw a picture and share it with someone.	<b>Day 5</b> Today, your act of bravery is to share how you feel with a trusted adult.	<b>Day 6</b> Today, your act of bravery is to walk into a room alone.	<b>Day 7</b> Today, your act of bravery is to compliment someone you admire.
<b>Day 8</b> Today, your act of bravery is to solve a challenging puzzle.	<b>Day 9</b> Today, your act of bravery is to talk about your favorite book with someone.	<b>Day 10</b> Today, your act of bravery is to practice deep breathing for a moment of calm.	<b>Day 11</b> Today, your act of bravery is to ask for help with a difficult task.	<b>Day 12</b> Today, your act of bravery is to share one thing you are thankful for with your family.	<b>Day 13</b> Today, your act of bravery is to write down a worry and throw it away.	<b>Day 14</b> Today, your act of bravery is to play a game with someone new.
<b>Day 15</b> Today, your act of bravery is to stand up and smile confidently.	<b>Day 16</b> Today, your act of bravery is to make a silly face to make someone laugh.	<b>Day 17</b> Today, your act of bravery is to go outside and describe something you see.	<b>Day 18</b> Today, your act of bravery is to try a new activity you've been avoiding.	<b>Day 19</b> Today, your act of bravery is to invite someone to play or talk with you.	<b>Day 20</b> Today, your act of bravery is to be near an animal you're unsure about.	<b>Day 21</b> Today, your act of bravery is to speak up during a group discussion.
<b>Day 22</b> Today, your act of bravery is to talk about your favorite superhero.	<b>Day 23</b> Today, your act of bravery is to draw and name your own superhero.	<b>Day 24</b> Today, your act of bravery is to share something you're afraid of with someone you trust.	<b>Day 25</b> Today, your act of bravery is to count backward from 20 to calm your nerves.	<b>Day 26</b> Today, your act of bravery is to write down one thing you are proud of doing.	<b>Day 27</b> Today, your act of bravery is to thank someone who has helped you.	<b>Day 28</b> Today, your act of bravery is to practice a skill you find difficult.
<b>Day 29</b> Today, your act of bravery is to look outside and describe three things you notice.	<b>Day 30</b> Today, your act of bravery is to write down one thing you are excited about tomorrow.					

## Create Your Own Brave Challenges

Write your own brave challenges below:

[illegible]