

Tiny Cat wants to know...

Now that you've read my story, I'm desperate to ask you some questions! I can't wait to hear what you think.



Captain's Notes

What happened to me out at sea today?

(Can you remember the order?
First the waves, then the rain, then...)

Have you ever done something even though you were really scared? What happened?

(This is my favourite question. I'd love to know.)

Why do you think I stopped and took a deep breath instead of panicking?

(What do you think would have happened if I hadn't?)



How do you think I was feeling when the storm first hit? How do you know?

(Which words and phrases gave away how I felt? Don't forget to look at the pictures too!)

I'm sailing somewhere new next month and the map says there will be a harbour full of beautiful boats. How do you think I might feel when I get there?

(There's no right answer, I'm not sure myself. I'm a little nervous to find out.)

Things Tiny Cat learned

- 🐾 Everybody feels scared sometimes.
- 🐾 Fear is a signal a "little warning bell."
- 🐾 Feeling scared doesn't always mean stop.
- 🐾 Being brave doesn't mean not feeling scared. It means feeling scared and doing it anyway.
- 🐾 Taking deep breaths can help you.

'My Brave Jacket'

Overleaf is an activity called My Brave Jacket. When I felt scared I put on my brave jacket. Can you decorate your own brave jacket? Do it any way you like - stripes, spots, rainbows, lightning bolts or even Tiny Cats!

If you are ever feeling scared remember to put on your brave jacket and zip it up tight.

For more resources visit:

www.tinycatadventures.com/fear-activities

or scan the QR code



Tiny Cat would love to see your creations
@tinycatsailmail





My Brave Jacket

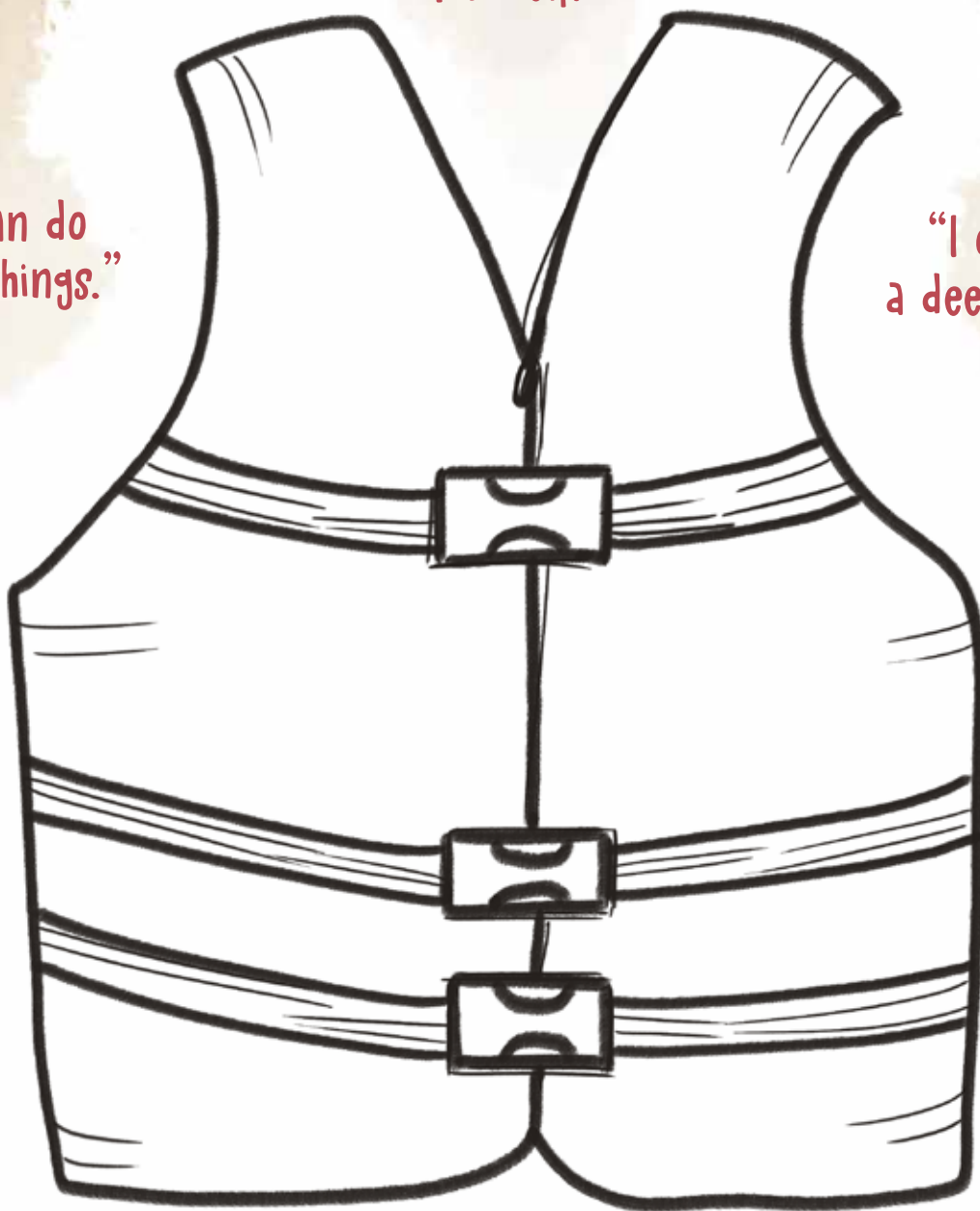
When fear shows up, it's time to put on your brave jacket and say...

"I am Strong I am Brave"

"I can do
hard things."

"I can ask
for help."

"I can take
a deep breath."



"I can try even if I feel wobbly."