Muzicbug
Happy Hearts. Strong Minds.

Activity 1

Fergus's Brave Adventure Hunt

Can you find all 5 brave moments?
Circle each one when you find it!



Which brave moment was your favourite?

_____



Brave moments can happen anywhere!

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Activity 2

What Would Fergus Do?

Look at each picture. What could Fergus do?
Tick or circle the choices that could help him be brave!

1 Fergus is at a new place.
He feels a bit nervous.



He could...



Watch for a little while. ○



Ask someone to help. ○



Take one little step and have a go! ○

2 Fergus wants to join in.
Lilly and Seymour are playing together.



He could...



Say "Hi! Can I play?" ○



Watch and see how they are playing. ○



Join in and give it a try! ○

3 Fergus is trying something new.
He isn't sure, but he wants to be brave.



He could...



Take a deep breath. ○



Ask a friend to help. ○



Try it – I can do this! ○

How does brave feel?
Circle how you feel when you try something brave!



Worried



Happy



Proud



Being brave can be easier when we take little steps!

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Activity 3



Pick a Brave Step

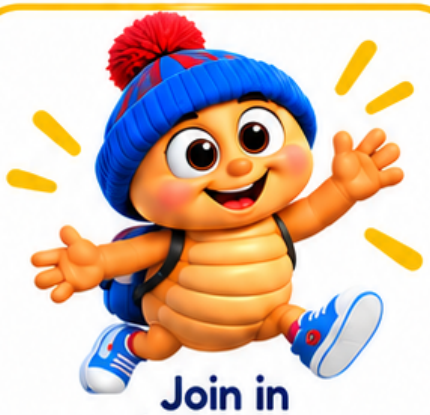
Choose one brave step you would like to try.
Colour the small circle for your choice. You can choose more than one!



Say hello to someone. ○



Try a new food. ○



Join in and have a go. ○



Ask for help. ○



Try something tricky. ○



Have another go. ○

I TOOK A BRAVE STEP!
Colour the star when you have tried your brave step!



Little brave steps can lead to big adventures!

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Continue with Fergus!

More fun ways to build bravery every day.

1 Discover the full Being Brave Activity Pack



15 fun, engaging activities to help your child build confidence, try new things and manage worries.

- Build confidence
- Try new things
- Manage worries
- Celebrate effort
- Grow resilience

Explore the Full Pack >

2 Watch Fergus's Boo-Boo Song



A fun and catchy song that helps children be brave when they have a little accident.

Watch on YouTube >

3 Explore All 20 Life Skills



Meet all 20 Muzicbug characters and explore more life skills, songs, stories and activity packs.

Explore All 20 Life Skills >

Little steps. Brighter days.
Braver tomorrows!