

Courage Coping Cards & Magical Tools for Brave Kids

"Sometimes we all feel nervous, scared, or worried. That's called anxiety. But guess what? Those feelings are ok - and you are never alone. Let's go on a journey to discover ways to feel brave again!"



CREATED BY ENCHANTED HOPE FOUNDATION TO
HELP YOU FEEL BRAVE, CALM, AND KIND - NO MATTER
WHAT COMES YOUR WAY

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Words of Courage from the Enchanted Forest

In the Enchanted Forest, Princess Lily and Jackson the Bravest Knight use **magic words** called *affirmations* to help them feel strong and calm when they're scared or worried.

You can say these words out loud, whisper them quietly, or even write them on a star and keep it in your pocket.

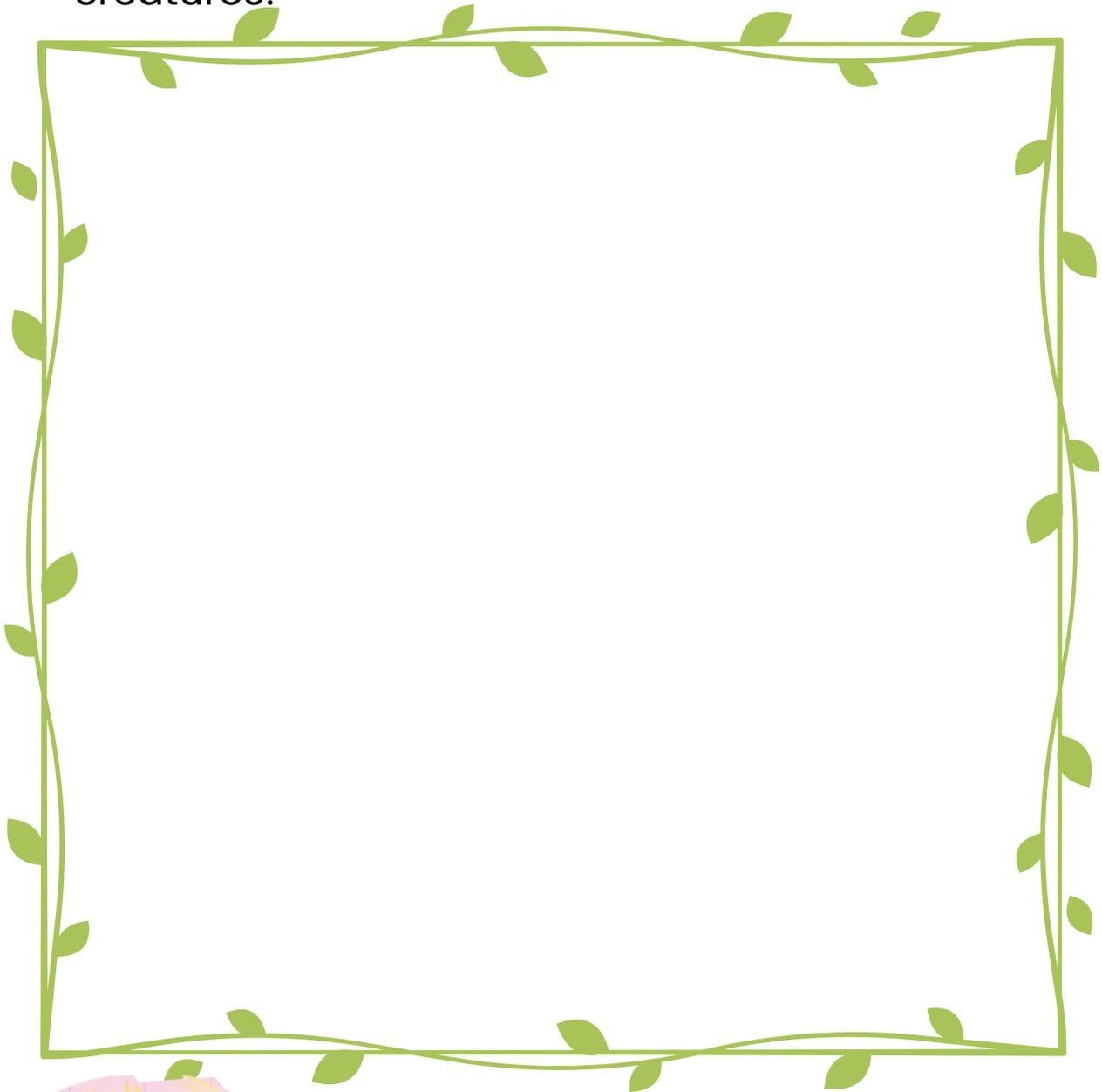


Say these Magic Words with me:

-  I am brave, even when I feel nervous.
-  I can take deep breaths and calm my body.
-  I am safe, and I am not alone.
-  My feelings are important and they will pass.
-  I am kind, strong, and full of courage.

Make Your Own Forest Affirmation Star

1. Draw a big star in the space below.
2. Inside your star, write your own brave words - something kind you can say to yourself when you're having a hard day.
3. Decorate it with colors, sparkles, or little forest creatures!



"Every time you say something kind to yourself, your courage grows a little stronger. That's real magic."

Heart Weather

In the Enchanted forest, the sky changes based on how you're feeling inside. Princess Lily and Jackson the Bravest Knight check their 'Heart Weather' every morning - and now you can too!



"Look at the skies below. Circle the one that matches how you're feeling right now"



Rainy:
I feel sad
or tired



Sunny:
I feel
happy and
calm



Cloudy:
I feel okay,
just a little
unsure



Rainbow:
I feel
hopeful or
brave



Stormy:
I feel upset,
angry, or
overwhelme
d

Draw today's 'Heart Weather' in the enchanted sky below.

Use crayons, markers, or sparkles if you'd like.



"Even stormy skies don't last forever. Every feeling is okay - and I'm proud of you for noticing yours."



Build Your Courage Toolkit

Every brave knight and enchanted princess carries a special **Courage Toolkit** with them - filled with things that help when they feel scared, worried, or overwhelmed.

Princess Lily's toolkit has her favorite koala plushie - Kiki.
Jackson carries a tiny shell that helps him breathe slowly and deeply.

What will *you* put in yours?

My Courage Toolkit

In each box below, draw or write something that helps you feel **calm, brave** or **safe**.

◆

Comfort Item

◆

◆

Calming Sound

◆

◆

Breathing Trick

◆

◆

Helpful Thought

◆

Add a Magical Tool!

What enchanted item would you want to carry from the Enchanted Forest?

"Maybe a glowing crystal that lights up when you take deep breaths?"



"Or a moonleaf that whispers calming words?"



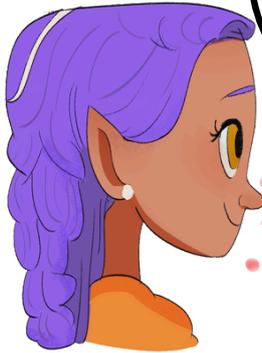
Draw it here and give it a name.

"Even the bravest knights need help sometimes. Your Courage Toolkit is always with you - right in your heart."



Smell the Flowers, Blow the Wind

A breathing spell to help you feel calm and brave -
anytime, anywhere.



*Whenever I feel nervous or scared, I
take a moment to slow down and breathe
like the wind in the Enchanted Forest.
Would you like to try with me?*

Step 1: Smell the Flowers

Breathe slowly through your nose like your smelling a
beautiful flower.

Inhale.....1.....2.....3....

Draw a flower here! What does it look like? What
does it smell like?

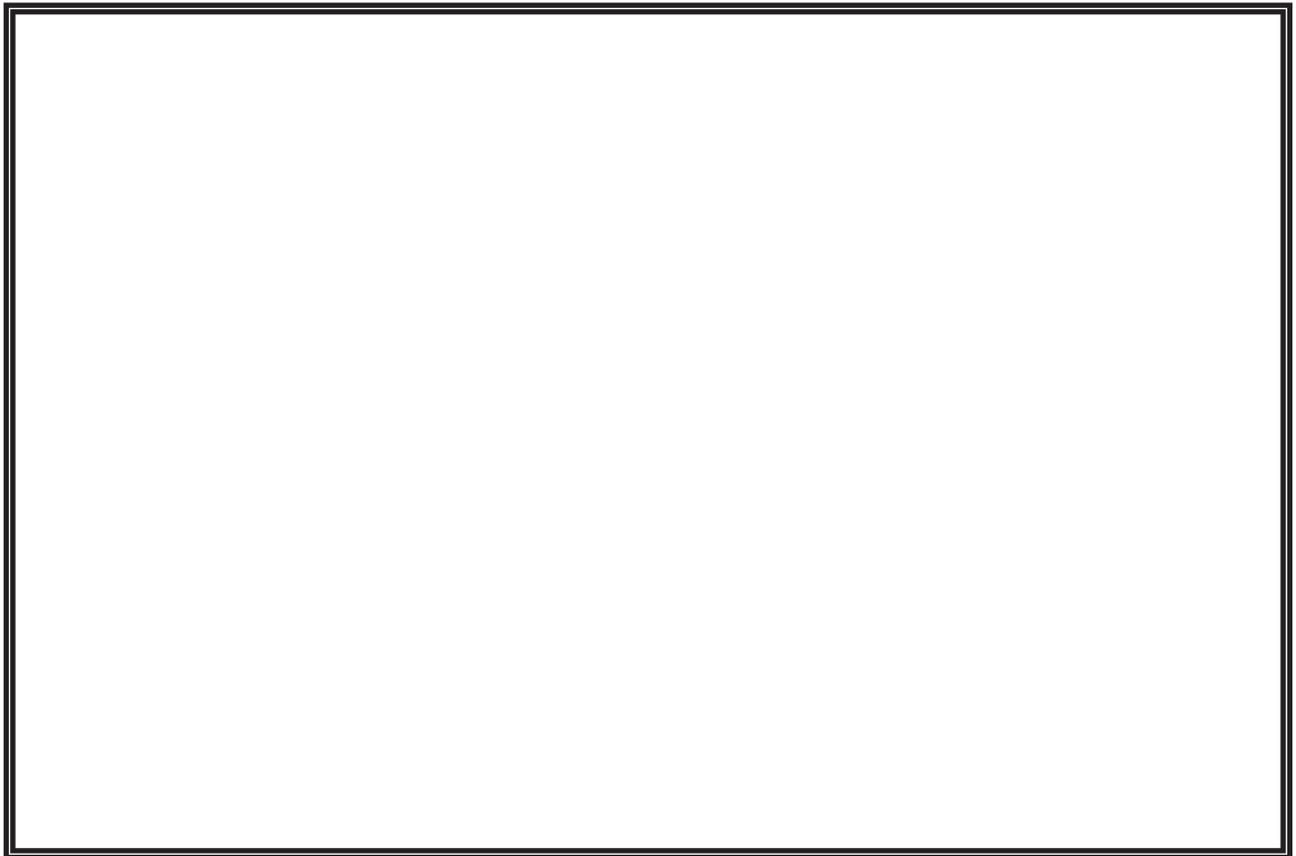
A large, empty rectangular box with a black border, intended for the user to draw a flower and describe it.

Step 2: Blow the Wind

Gently blow the air out of your mouth like you're making a breeze through the trees

Exhale.....1.....2.....3....

Draw swirly wind here! What does your breeze feel like?



Repeat this 2 times – each time a little slower.

Tip: Put your hands on your heart and tummy while you breathe.

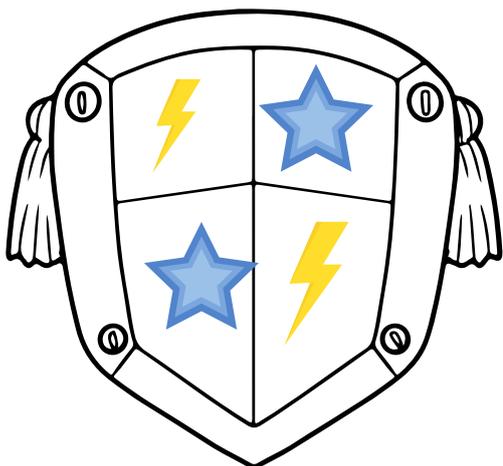
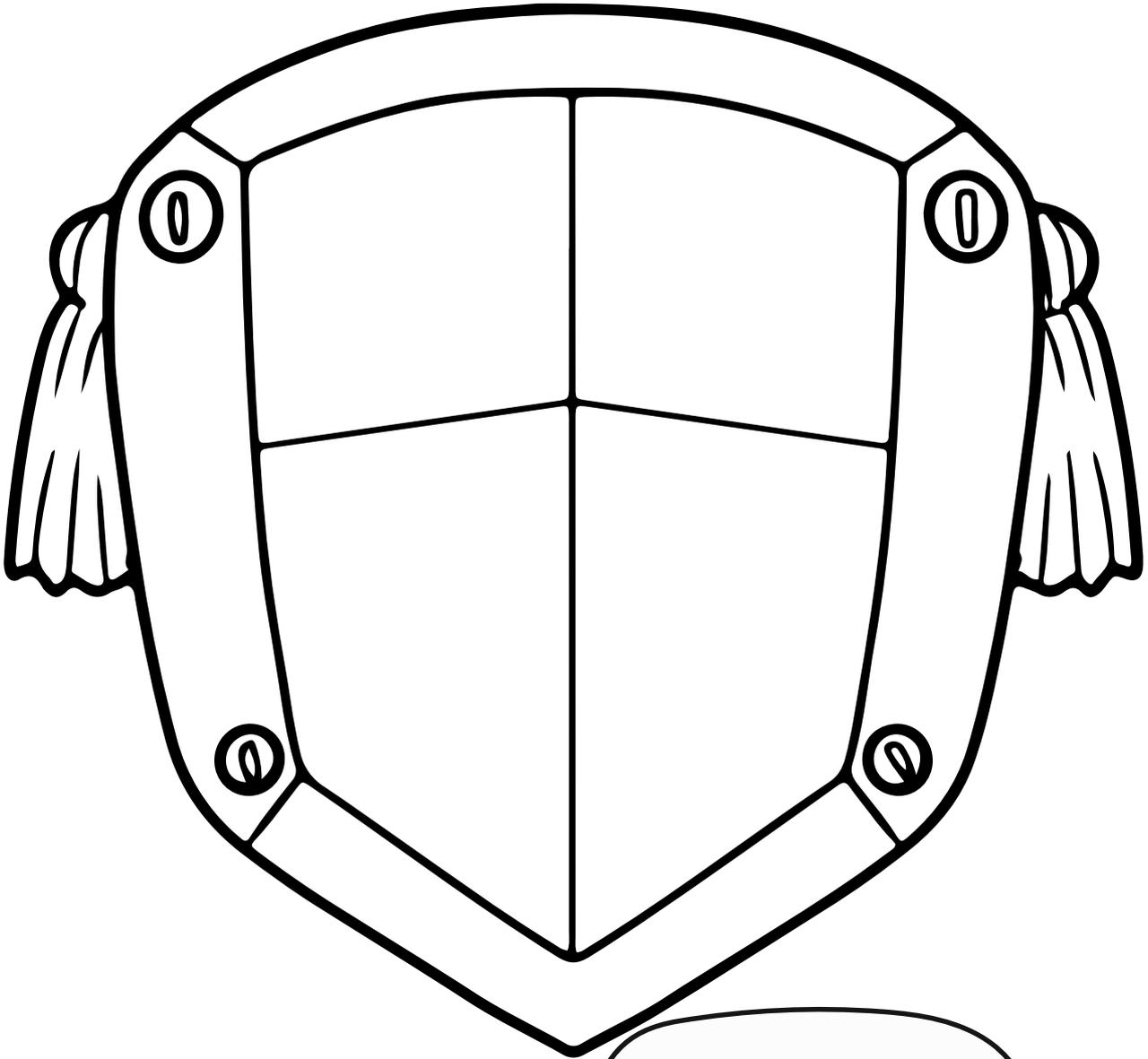


“You can use this breathing spell anytime: before a test, at bedtime, or when your feelings feel big. Your breath is your magic”



Create Your Own Courage Shield

Fill your shield with symbols, drawings, or words that remind you of your bravery



"I put on a lightning bolt for my strength and a star for being kind."



Through Dragons and Joysparks

A gentle way to calm worries and spark joy, with help from Jackson and Leo.

"Sometimes, a big Thought Dragon shows up when i'm nervous or scared. It roars things like 'You can't do it!' or 'Something bad might happen!' But guess what? That dragon is just trying to protect me - even when I don't need it to."



Meet Your Thought Dragon



Draw your dragon below. What does it look like when it's worried? What does it say?

My Thought Dragon's Name is:

It says things like:

Calm Your Dragon With a Mellow

Mellows are little forest puff creatures who glow different colors based on emotions. Mellows love to sit quietly beside children and help them feel safe..



Draw your Mellow below. What color is it? What power does it have?

My Mellow's Name is:

Its powers are:

Humming songs

Giving hugs

Glowing light

Telling kind truths

Say Something Kind to Your Dragon

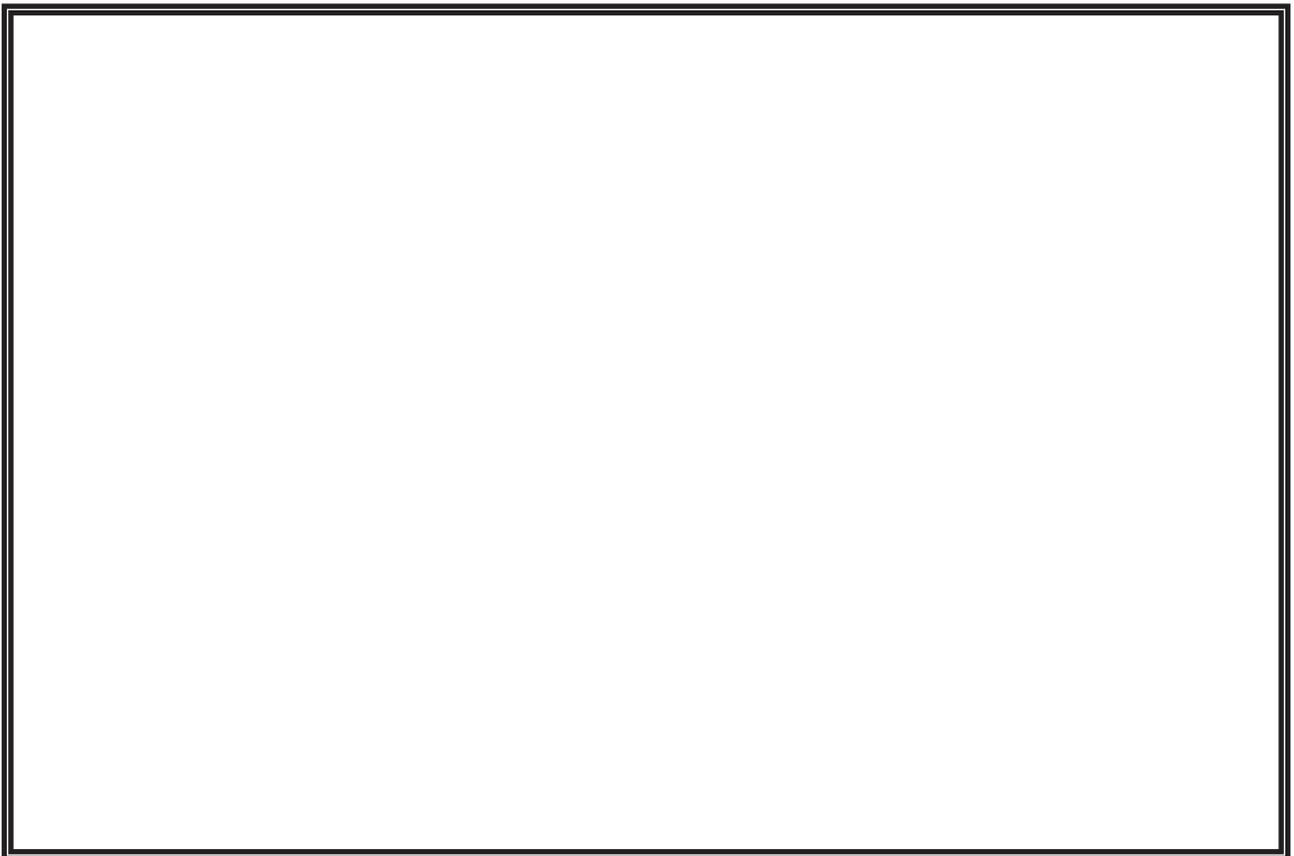


“Repeat the magical phrase below with me:”



**Thank you for trying to help,
Dragon. But I’ve got this now.**

Draw your dragon and Mellows together, smiling or playing in the Enchanted Forest now that things feel calmer.



“Every time you calm your Thought Dragon, you grow even stronger inside. That’s real magic.”



Welcome to the Cove of Courage

A hidden place in the Enchanted Forest where feelings are safe, big hearts are celebrated, and every child learns how brave they truly are.

Deep within the Enchanted Forest, past the Whispering Trees and the streams, lies a shimmering cove filled with glowing crystals, calming winds, and soft Joyspark music. This is the **Cove of Courage**. Princess Lily and Jackson visit here when they need to feel strong. Now that you've completed your courage cards, you've unlocked the secret entrance too

Draw what you imagine the Cove of Courage looks like:

Leave a courage message - a note
to another child who might be
feeling anxious too.

A large, empty rectangular box with a double-line black border, intended for writing a message.



*"Whenever I feel scared, I
can close my eyes and return
to the Cove of Courage. I
carry it in my heart."*

Certificate of Courage

Presented to:

**For bravely exploring your feelings and
building a Courage Toolkit with
Princess Lily and Jackson the Bravest**

Knight

Signature: *Princess Lily and Jackson the Bravest*
Knight