

When your child takes
smart risks, they build

CONFIDENCE

Flip the card to practice!

DID YOU KNOW?

Climbing and jumping in the Chamber of Courage strengthens the part of your child's brain that helps them deal with anxiety and make safe choices (National Institute of Health).

DISCUSS

Collaborate with your child to set a 'stretch' goal together:


Ask: "What's something you want to accomplish but can't do yet? What can I do to help?"

DO

Play lava monster at a local playground!

Don't touch the ground or get tagged.

Watch how your child learns to take safe risks through play. Cheer on their effort, not just success.



When your child asks for
needed help, they're building

CONFIDENCE

Flip this card to practice!

DID YOU KNOW?

Learning when and how to ask for help is a form of courage that leads to greater resilience later in life. Team up with your child in the Chamber of Courage to practice asking for help.

DISCUSS


Model asking for help...

Ask: "Can you help me with this?"

Say: "I'm not sure what to do next. Do you have any ideas?"

DO

Draw a chalk obstacle course. Include challenges your child can do alone and others that require help!



When your child works
at making new friends,
they're building

CONFIDENCE

Flip this card to practice!

DID YOU KNOW?

Studies show that social skills are mostly learned, not inborn. Early practice connecting with others in environments like the Chamber of Courage can boost your child's confidence and self-esteem later in life (American Academy of Pediatrics).

DISCUSS

Reflect on your child's connections with others.

Ask: "Was it hard to meet someone new?"

Ask: "What did you learn about them or about yourself?"

DO

On your next drive, pretend you are meeting someone new. Practice asking and answering friendly questions together.