

Bravery Ladder

hard

6. Try a new food that they have never tried before.
5. Call a friend to come over to play without it being planned in advance.
4. Not knowing which parent is doing pick-up from school.
3. Change the usual order of tasks during bedtime routine (e.g., print each task on a piece of paper, mix them in a bag, then pull them out one by one to determine the new order).
2. Go on a fun “surprise” outing without knowing in advance what it will be (if this step is too big, make it easier by telling the child it will be one of three specific enjoyable activities).
1. Wear a blindfold and eat a “surprise” dessert that the child knows will be one of three favourite options.

easy



Rewards

Final Prize: 20 bonus points to spend on a list of rewards options.

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