

Step by step guide for brave school days

Some children want to go to school but feel overwhelmed when the moment arrives. School avoidance is often a sign a child is feeling stressed, not misbehaving. A bravery ladder helps children manage their stress one small step at a time. Each step builds confidence and helps children feel more comfortable at school.

How to use the bravery ladder

1. Write the goal at the top, like staying in class all day
2. Create small steps, with the easiest at the bottom, like picking clothes the night before, and hardest at top, like speaking up in class
3. Practice one step until your child feels ready for the next, celebrating their effort along the way



Goal: _____

Step 6

Step 5

Step 4

Step 3

Step 2

Step 1

Parents and teachers, let's celebrate each step a child takes up the ladder!



About BrightLife Kids

BrightLife Kids is a free program offering behavioral health coaching for California families with children ages 0–12. Our expert coaches help families navigate school avoidance, anxiety, big emotions, routines, and confidence building.

Sign up for free: brightlife.kids/ca