

Daily Dad COURAGE

A DAILY DOSE OF DADDY

Ages 3–5

DOSE 4 OF 365

How do you feel today? Circle yours · Dad ★ yours



Scared? You can still be brave!

Dad reads the start (You listen. Then you tell the end!)

Story time: Little Lamb climbed up the BIG slide. She looked down. So tall! Her tummy felt wobbly. Lamb was scared. She held on tight, took a big breath, and... **What happens next? You tell Dad!**

Brave or not? (Dad reads. Point to the brave try!)

The slide looks so tall.
"I'll try!" or **Run away**

Time to get in the pool.
Get in with Dad or **Stay out**

A new kid at the park.
Say "Hi!" or **Hide**

Draw how Lamb's story ends

☆ Star it if it's a keeper!

Brave moves (do them with Dad!)

- Big breath
- Stand tall
- Hug Dad
- "I can try!"
- High five!
- My idea:

LET'S TALK: What makes you feel scared?

1. **Dad goes first.** Say: "Big waves make me scared, but I still swim!"
2. **Kid goes second.** Say one scary thing. Dad says, "You can be brave!"

DAD JOKE OF THE DAY

Why did the cookie go to the doctor?

It felt crummy!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *Hard things show who you are.* — Epictetus