



How Brave Are You?



Jen was tacked up and ready to go when she heard a voice coming from the direction of the kitchen. "Remember the dustbins are emptied today," called her mother. "You know how Flinders hates the dustcart."

Flinders was Jen's new pony. He was very calm with most things but he disliked dustcarts and those crackly black bin bags that everyone left lying around on the street on bin day.

"We'll be OK, we're not going through the village this morning," Jen called over her shoulder. "We're meeting Ali up at the farm."

"I really don't want to go into the village today because of the binbags!" Jen told Ali when she got to the farm. "Can we go along the bridle path?"

"Of course we can," said Ali. "But wouldn't it be better to help Flinders to get braver than just avoid things that scare him?"

"I don't know," said Jen warily. "I don't feel very happy about doing that. I don't think I'm a good enough rider if Flinders spooks. What if he runs off with me and I can't stop him? Or if there's a car coming and the bin bag crackles?"

"Well you've thought of a lot of things that could go wrong," said Ali. "I thought it was Flinders who was scared of bin bags, not you!"



Going into the field to feed ponies I know

1 2 3 4 5 6 7 8 9 10
I'm really scared I'm really brave

Seeing a big lorry when I'm out on a hack

1 2 3 4 5 6 7 8 9 10
I'm really scared I'm really brave

Riding my pony when he starts to jog on the way home

1 2 3 4 5 6 7 8 9 10
I'm really scared I'm really brave

Taking part in a show jumping competition

1 2 3 4 5 6 7 8 9 10
I'm really scared I'm really brave

Cantering along a narrow bridleway

1 2 3 4 5 6 7 8 9 10
I'm really scared I'm really brave

Where do you think you come on the "braveness scale"?

Using the "braveness scale" of 1 to 10, how would you feel in these situations?

Can you think of some other times with your pony when you feel really brave?

Can you think of some other times with your pony when you feel quite scared?