ENRICHMENT ADVENTURES · PRETTY IS A PRACTICE INITIATIVE

The Nerve Jar

Little Dares. Big Courage.

Courage can be loud or quiet, social or personal, bold or gentle. Fill a jar with little dares, draw one and decide what you'll do with it.

Woman on a Mission
24 LITTLE DARES

Small but Mighty
24 LITTLE DARES FOR GROWING COURAGE

Make Your Own Nerve
6 FILL-IN DARES

HOW TO USE YOUR JAR

1. Print the slips for the jar you want. Cut along the dashed lines.
2. Fold each slip and drop it into a jar, bowl or envelope.
3. Fill in your own dares on the Make Your Own Nerve slips and add them, too.
4. Draw a slip whenever you'd like a little nudge.

> You do not have to do every dare. Choose, adapt, redraw or pass.
> ***Courage is a practice, not a performance.***

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01

The Compliment Collector

Someone says something lovely about you? Accept it with a simple, confident "Thank you." No arguing, deflecting or explaining why they're mistaken.

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02

Wear the Thing

That outfit, accessory, hairstyle or unexpected combination you've been saving? Give it an outing. The occasion is you feeling like wearing it.

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03

The Question Nobody Asked

Ask a question you've been holding back because everyone else seemed to understand. You might be doing the whole room a favor.

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04

Beginner Energy

Try something you're not good at. Yet. Give yourself permission to be gloriously inexperienced.

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05

The Polite No

Decline something you genuinely don't want to do. Be respectful, be clear and resist the urge to deliver a ten-minute defense.

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06

Put Your Idea on the Table

Share an idea you've been keeping to yourself with someone you trust. It doesn't have to be perfectly polished to deserve consideration.

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07

The Solo Adventure

Do something enjoyable on your own that you'd normally wait for company to experience. Your own company counts.

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08

Take the Credit

Name something you've accomplished recently and acknowledge the work that made it possible. No shrinking the achievement to make it sound accidental.

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09

Ask for What You Need

Make one reasonable request you've been putting off. Help, information, clarification or a little breathing room. Use your words.

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10

The Grand Re-Entrance

Remember something you tried once and abandoned? Give it another go. A second attempt deserves its own spotlight.

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11

The Kindness First Move

Tell someone what you genuinely appreciate about them. Be specific. A sincere compliment has more impact than a dozen generic ones.

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12

Change Your Mind

Reconsider a choice or opinion when you've learned something new. If it makes sense to change course, say so. Growth has excellent navigation skills.

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13

The Brave Conversation

Start a conversation you've been avoiding with someone safe and receptive. Choose your words thoughtfully and remember that courage doesn't require confrontation.

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14

The Unexpected Yes

Say yes to a safe, manageable opportunity that interests you but makes you a little nervous. Sometimes the adventure begins with agreeing to try.

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15

Make a Little Noise

Share your enthusiasm for something you love without downplaying it. Give your interests their full two minutes of glory.

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16

The Boundary Boutique

Choose one small boundary that would make your day easier. Practice expressing it clearly. No elaborate packaging required.

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17

Ask the Expert

Find someone who knows how to do something you'd like to learn. Ask for one tip. Being resourceful includes knowing when to borrow somebody else's brilliance.

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18

The Creative Reveal

Share something you've made with someone you trust—a drawing, recipe, poem, photograph, invention or idea. Let it be seen before it's perfect.

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19

A Little Leadership

Offer to organize or lead one manageable activity. Choose something you genuinely care about and invite others to contribute.

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20

Try a Different Route

Do a familiar task in a new way. Experiment with a different technique, approach or perspective. See what you discover outside your usual routine.

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21

The Graceful Recovery

Make a small mistake? Resist the dramatic self-critique. Acknowledge it, fix what you can and continue. Your dignity survived.

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22

Give Yourself Permission

Choose something restorative you've been postponing. Take the break, enjoy the quiet or make time for something you love without treating it as a reward you must earn.

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23

Raise Your Hand

Volunteer for something that genuinely interests you—a project, activity, responsibility or opportunity. Don't automatically assume someone else is better suited.

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24

The Audacity Special

Choose one meaningful thing you've wanted to try but haven't quite dared to begin. Take the smallest sensible first step. Small beginnings count.

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01

Question Time

Ask a question when you're curious or confused. Even if you think everyone else already knows the answer.

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02

The First Hello

Say hello to someone you'd like to know better. A friendly beginning can be a brave little thing.

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03

Try It Anyway

Choose something new to learn. Give it a try, even if your first attempt is a little wobbly.

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04

The Big Idea

Tell someone you trust about an idea you've been imagining. It doesn't have to be finished to be interesting.

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05

Ask for Backup

Need help with something tricky? Ask a trusted adult or friend. Clever people know when to call in reinforcements.

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06

Your Turn to Choose

Suggest a game, activity or story for your group. Let everyone add their ideas, too.

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07

The Kindness Delivery

Tell someone one thing you appreciate about them. Be specific enough to make them smile.

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08

The Brave Little No

Practice saying, "No, thank you," or "I don't feel comfortable with that." You can always ask a trusted adult for help.

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09

The Second Try

Think of something that didn't work the first time. Try again with a different plan. Your first attempt wasn't the whole story.

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10

Show and Tell, Your Way

Share something you're proud of with someone you trust. A creation, a skill, a discovery or something you learned to do.

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11

The Different Idea

When everyone chooses one thing, think of another possibility. Share it respectfully. Sometimes a fresh idea changes everything.

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12

The Courage Champion

Remember a time you were brave. Tell the story, draw a picture or give yourself a secret victory dance. That courage belongs to you.

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13

The Brave Introduction

Meet someone new? Introduce yourself and share one interesting thing about you. Your name is just the beginning.

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14

The Fairness Detective

Notice someone being left out of an activity? Find a kind way to help them feel welcome. Sometimes courage means making room.

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15

The Unusual Combination

Mix two things you love to create something new. A basketball-inspired dance? A dinosaur fashion show? Trust your imagination and give it a try.

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16

The Oops Encore

Made a little mistake in front of someone? Try laughing, fixing it or simply carrying on. One awkward moment doesn't get to run the whole show.

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17

The Friendly Disagreement

Someone likes something you don't? Practice saying, "I see it differently," and explain why. You can disagree and still get along.

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18

The Curiosity Expedition

Choose something you've never explored—a new game, a musical instrument or an interesting place. Ask a trusted adult to help you investigate.

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19

The Credit Is Yours

Someone compliments your work? Say "Thank you" and enjoy the moment. You worked for that smile.

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20

The Plan B Plot Twist

Your first plan didn't work? Invent a Plan B. Or C. Or something nobody has ever tried before. Sometimes the backup plan steals the show.

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21

The Helpful Hand-Raiser

Volunteer to help with something you haven't done before. Ask for guidance, then see what you can contribute.

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22

The Courage Crew

Tell someone who helped you feel brave what they did that made a difference. Courage gets even better when we share it.

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23

The Unpopular Favorite

Love a book, sport, color, song or activity that your friends don't? Tell someone what makes it special to you. Your favorites don't need a popularity contest.

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24

The Little Big Ask

Is there something you'd love to learn or try? Ask a trusted adult to help you take the first step. Big adventures often begin with a small question.

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FILL-IN 01

Something New

I've been curious about trying...

MY LITTLE DARE IS:

THE NERVE JAR

FILL-IN 02

Speaking Up

Something I'd like to say, ask or suggest...

MY LITTLE DARE IS:

THE NERVE JAR

FILL-IN 03

A Creative Leap

An idea I'd love to bring into the world...

MY LITTLE DARE IS:

THE NERVE JAR

FILL-IN 04

A Personal Challenge

Something I've been putting off because it feels difficult...

MY LITTLE DARE IS:

THE NERVE JAR

FILL-IN 05

Courage With Company

Something brave I'd enjoy trying with someone else...

MY LITTLE DARE IS:

THE NERVE JAR

FILL-IN 06

The Wild Card

My completely original courage challenge...

MY LITTLE DARE IS:

THE NERVE JAR

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