

42 DAY SUPER KID TRANSFORMATION CHALLENGE

WEEK 5 - FEARS IN A HAT

1. Have your child write down different fears that they have on small slips of paper and place them in a hat
2. Each day of the week, have them randomly choose 1 piece of paper from the hat
3. Have them perform one action to help overcome the fear on the slip of paper
4. Continue until all slips are gone