

# What are you scared of? Be brave and face your fears, find an activity that will help you to overcome something you thought you couldn't do



**Age 14 - 18**

**Age 5 - 7**

**Age 7 - 11**

## Activity details

**This activity counts towards...**



- Superhero Adventures

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£/Free	Indoors
Day/Night	

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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5            |   |
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- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### **Skills:**

- Communication
- Decision making
- Fine Motor Skills
- Gross Motor Skills
- Independence
- Reasoning
- Responsibility
- Self motivation

### **Equipment:**