

# One Tiny Step: Committed Action Cards for Kids

Gentle ways to take small steps toward what matters — even when feelings get big.



These cards help children practice showing *up again* — trying tiny, doable actions connected to their values.

Committed action isn't about being perfect or finishing everything. It's about **taking one small step**, especially when things feel hard.

Perfect for bedtime talks, therapy, morning intentions, or classroom reflection.

**“Tiny steps still count — and they help us grow brave.”**

# What Is Committed Action?

*Hi there, brave learners!*

Committed action is **showing up for what matters to you** – even when it feels a little hard or you feel nervous inside.

It's not about being perfect, finishing fast, or doing huge things. It's about **taking one tiny step** toward what you care about.

**“Feelings can be big.  
Tiny steps can still move us forward.”**



My Map



Cloud



Step

Values – What matters to me	Feelings – What I feel	Steps – What I do
Being a kind friend	Shy or unsure	Choose to say, "Hi," or wave
Trying my best at school	Worried or stuck	Choose to get help or start one small part

On the next few pages, you'll see special cards with Cleo the Cheetah and other friends from Acceptance Acres. Each card gives a tiny step you can take when big feelings show up. You can cut the cards out or keep them together as a little “Tiny Steps” deck.

# Let's Explore Your Committed Actions

## ☀ Card 1 – “One Tiny Start”

### **When:**

“I want to try something new  
but I feel nervous.”

### **Tiny Step:**

“I can start with just one  
minute or one small piece.”

### **Mantra Saying:**

“I don't have to do it all. I can  
just begin. And that's okay.”



## ☀ Card 2 – “Try Again, Just a Little”

### **When:**

“I made a mistake or  
something didn't work.”

### **Tiny Step:**

“I can fix one small part or  
try one more time.”

### **Mantra Saying:**

“Mistakes happen to everyone.  
I can still try again.”



# Let's Explore Your Committed Actions

## ☀ Card 3 – “Brave While Wobbly”

### **When:**

“My tummy feels wobbly about something that matters to me.”

### **Tiny Step:**

“I can take one brave step while my feelings ride along.”

### **Mantra Saying:**

“I can feel wobbly and still be brave.”



## ☀ Card 4 – “Ask for a Helper”

### **When:**

“Something feels too big to do alone.”

### **Tiny Step:**

“I can ask one safe person to help or sit with me.”

### **Mantra Saying:**

“I can ask for help. I don't have to do this alone.”



# Let's Explore Your Committed Actions

## ☀ Card 5 – “Come Back to What Matters”

### When:

“I get distracted or forget what I was trying to do.”

### Tiny Step:

“I can take one brave step while my feelings ride along.”

### Mantra Saying:

“I can always come back and try again.”



## ☀ Card 6 – “Celebrate Small Steps”

### When:

“I take even the tiniest step toward something important.”

### Tiny Step:

“I can notice it, smile, or share it with someone I trust.”

### Mantra Saying:

“Small steps still count.”







## Tiny Steps That Matter to Me

**Committed action** means **taking small steps** toward the kind of person you want to be – even on hard days.

You don't have to finish everything or get it just right. You just **keep showing up**, one tiny step at a time.



### Think or Draw:



Something that matters to me is: \_\_\_\_\_

\_\_\_\_\_



One tiny step I took was: \_\_\_\_\_

\_\_\_\_\_



It felt hard because: \_\_\_\_\_

\_\_\_\_\_



Next time, I want to try again by: \_\_\_\_\_

\_\_\_\_\_



### Parent Whisper:

Committed action grows stronger when we notice small steps, not just big wins. When your child takes any tiny step toward what matters, you might say:

*"I saw you try again, even when it felt hard. That's a brave step."*

## Color Your Steps: “One Tiny Step at a Time”

A heart that practices committed action doesn't wait for feelings to disappear – it takes small, kind steps even when worries or frustration are still there.

 Color this scene and say this mantra together:

*“Even when this feels hard,  
I can take one tiny step.”*



# A Note for Parents

## Why Committed Action Matters

Committed action is not about pushing children to “be brave” or “get over it.” It’s about supporting one small, values-based step – even while big feelings are present. When kids learn, “I can feel scared and still take a tiny step,” they begin to build real courage and flexibility.

## How to Use These Cards

Use them in calm moments – bedtime, car rides, after school, or before a tricky event.

Instead of correcting or persuading, try wondering aloud:

- “What tiny step feels possible right now?”
- “What value are you walking toward, even if you feel nervous?”

## Model Out Loud

Children learn most about committed action when they see and hear it in us. You might say:

- “I feel tired, and I’m still going to read one short book with you.”
- “I’m nervous about this call, and I’m going to take one tiny step and dial anyway.”

These small, honest examples show kids that feelings and action can ride together.

## Closing Thought:

“Tiny steps count. We don’t have to move fast or far – we just have to keep turning toward what matters.”