

We Are Brave!

A Courageous Activity Book for
Young Learners and Their Grown-ups



This is a picture of us doing something brave together!

Here is what we are doing: _____

Name of young author: _____

Name of grown-up author: _____

Date: _____

We Are Brave!

Dear Learners,

In this book, you and your grown-up will explore what it means to be brave.

What do you think the word BRAVE means?

(You can ask your grown-up to help you!)

You did it! That is an excellent answer.

Bravery, which is also sometimes called courage, is an amazing power that all people have.

Bravery means:

Doing important, good, and helpful things
even when they might seem scary or hard.

Another way of saying it is:

We are brave when we take **positive action***,
even when we feel afraid or unsure.

***Positive action: An important, good, and helpful thing that is done.**

Can a baby be brave?

(circle one)

Yes

No

**I'm Not
Sure**

Here is another question: What does bravery look like? (Get ready to draw on the next page!)

What Does Bravery Look Like?

Bravery, which is also sometimes called courage, is an amazing power that all people have.

In each sentence below, underline the **positive action** that each person took.

Bravery can look like this:

- A firefighter putting out a fire
- A lifeguard rescuing someone in the ocean.
- A mountain climber reaching the top of a mountain.

Bravery can also look like this:

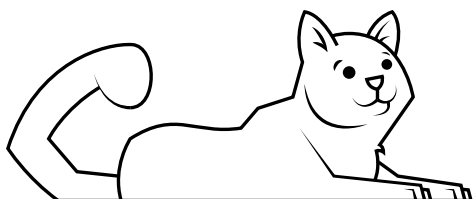
- A girl saying hello to a new classmate at school.
- A boy asking for help when he gets stuck on a math problem.
- A baby taking her very first steps.
- Someone saying “no” to a bully.

(Look, a baby *can* be brave!)

Guess what? Everyone can be brave.

You don't have to be a grown-up or a superhero to be brave. No matter who you are or how old you are, you have the power to be brave.

Here are two kittens who are about to be brave. What do you think they are about to do? You and your grown-up can each write a sentence about how the kittens are going to be brave.



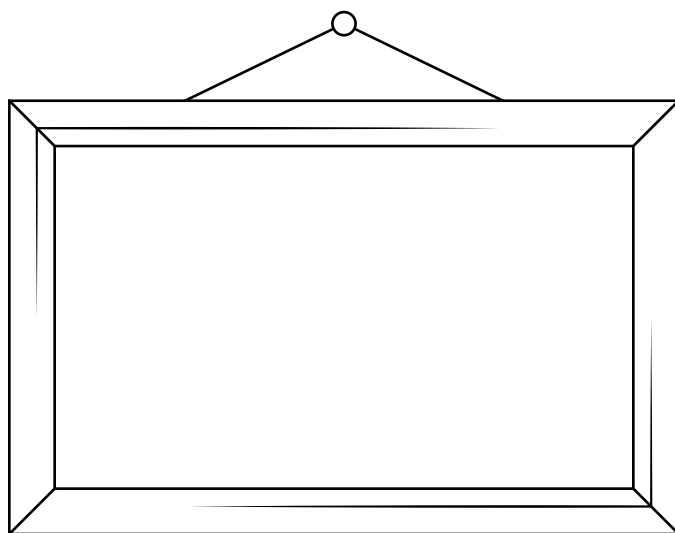
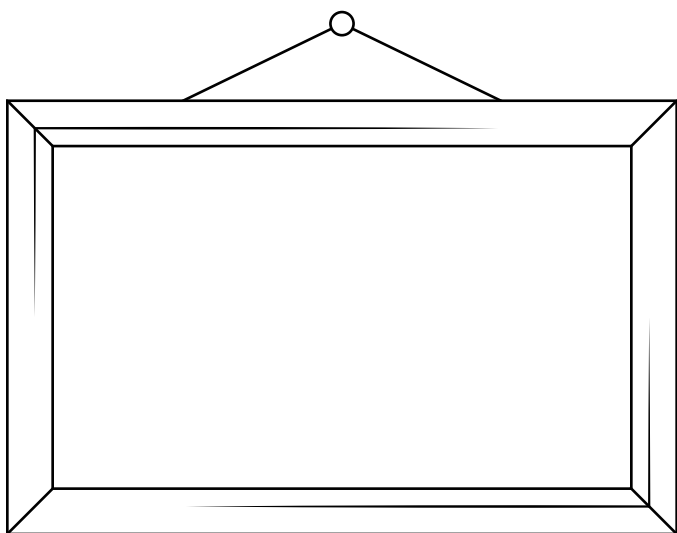
My sentence:

My grown-up's sentence:

A Time I Was Brave

For Young Learners:

In the frames below, you will draw pictures showing a time that you were brave when you were younger. In the first picture frame, draw what made you nervous or afraid. In the second picture frame, draw how you were brave. What was the **positive action** you took?



For Grown-ups:

In the space below, write about a time that you did something brave when you were the same age as your young co-author.

Author Chat:

Together, talk to each other about the times you were brave! Here are a few questions to get you started:

How were our brave actions similar?

How were our brave actions different?

What made each action brave?

What can we learn from each other about being brave?

Practicing Bravery

Did you know that you can actually practice being brave?

It's true! Just like playing a sport, learning a new dance, or remembering math facts, being brave is something you can learn and practice over time. Even grown-ups can keep learning and practicing!

In the next pages of this journal, you and your grown-up will explore some special ways to practice and build bravery over time.

But before we get started, here is another question for you:

When you feel scared or nervous, what helps you feel brave?

(Circle your favorite actions)

go to a calm place

play outside

tell a joke

exercise

take a deep breath

talk to someone

read a book

sing a song

listen to music

draw a picture

count to 50

rock in a rocking chair

What are other things that help you feel brave? You can write them down here!

Strategies for Being Brave

A strategy is a plan for doing something. When our goal is to be brave, we can use different strategies to reach that goal.

There are many strategies that people use for being brave. You have already thought about some of them: when you do things like take a deep breath, listen to music, or exercise, you are using strategies that help build your confidence to be brave.

In the next pages of this book, we will talk about even more strategies you can try. In fact, the word BRAVE can help you remember the strategies, as you will see!

B.R.A.V.E. Strategies



**Build
over time.**



**Recognize
your feelings.**



Act thoughtfully.



**Visualize
your goal.**

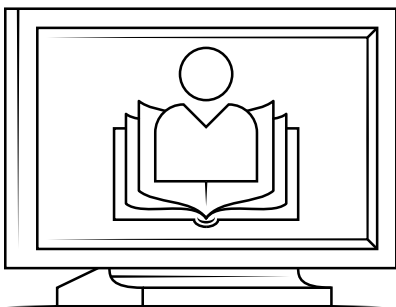


**Explore
new things.**

Bravery in Action: Characters Who Are Brave!

As you get ready to think about strategies, try this thinking activity together:

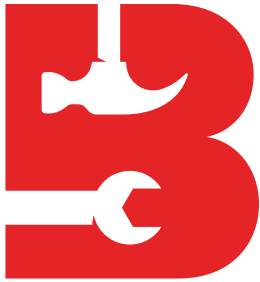
Can you think of a book or TV character who was very brave?



Name of character: _____

Strategies the character used to be brave: _____

Bravery Strategy #1:



Build over time.

Bravery doesn't have to happen all at once. Sometimes, the best way to build courage is to take a few brave little steps every day. If you do this for a while, you can build your bravery over time.

Example:

Sometimes, it can be scary to try a new food. The first time, you might not even want to see that new food on your plate! Try taking little steps each day to learn more about that food. You can read about it, touch it, smell it, and take small steps each day until you are ready to take your first taste!

A bravery challenge for you and your grown-up:

STEP 1: Each author should write down a bravery goal in the boxes below.
Examples of bravery goals might include things like:

presenting a project

singing a song
in front of an audience

sleeping all night
in your own bed

You can choose a goal that is something that is important to you, or you can choose an imaginary goal.

My sentence:

My grown-up's sentence:

STEP 2: Together, imagine some tiny steps you could take each day to reach your bravery goals.

You can help each other think of ideas.

	My bravery steps:	My grown-up's bravery steps:
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

STEP 3: How would you like to celebrate when you achieve your goal? Write your ideas here.

You can help each other think of ideas.

My words:	My grown-up's words:

Bravery Strategy #2:



Recognize your feelings.

When we feel unsure about things, it is normal to have lots of different feelings—some of them good, and some of them not so good. It is important to recognize which feelings you are having because this will help you build bravery. You might feel afraid or sad or nervous, but you also might feel a little excited or hopeful. Recognizing and talking about these feelings can help you build your bravery and even solve problems.

Example:

Wearing a mask at school or in public can cause many different feelings at first. Here are some examples of how wearing masks might make people feel:

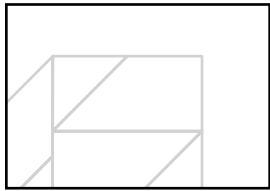
- A bit **nervous** because it can sometimes be a little tricky to put a mask on.
- A bit **scared** because it is harder to see people's faces when they wear masks.
- A bit **proud** because wearing a mask is one way everyone can help keep people safe.

For grown-ups: As you help your young learner recognize and discuss each feeling, encourage him or her to think about what you can do about that feeling. For example, if the learner feels nervous about putting a mask on, they can practice with a friend or family member until they feel more confident. This problem-solving approach can help build courage and can be an effective strategy for coping with more negative emotions.

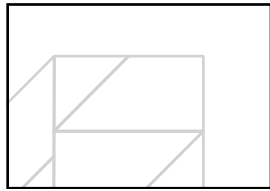
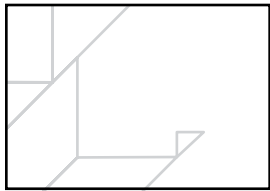
A Quick Feelings Memory Game

With your grown-up, design, color, and cut out each picture card and word card. Shuffle the cards and lay them face down in rows. Take turns choosing two cards to turn over. If you make a match, take another turn! The game is over when there are no cards left.

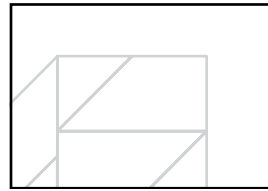
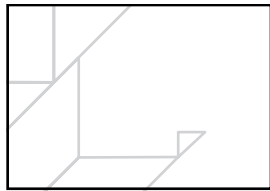
Bonus activity: On a piece of paper, write down a challenge (real or imaginary) that requires bravery. Take turns placing feelings cards on the paper that match how you feel about the challenge. Compare your feelings for each challenge.



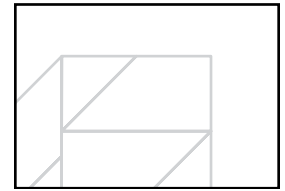
NERVOUS



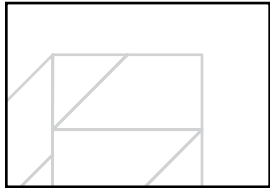
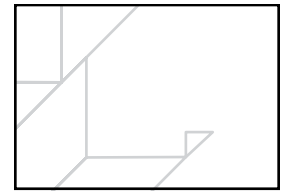
PROUD



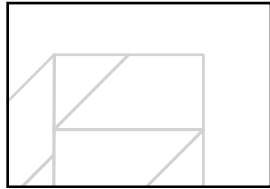
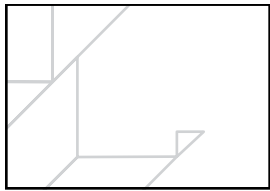
CONFUSED



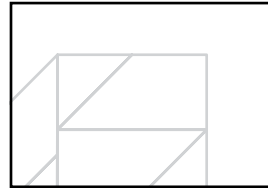
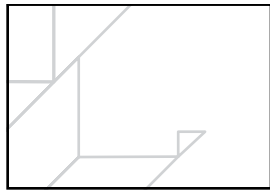
ANGRY



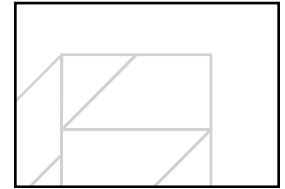
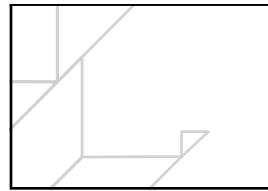
EXCITED



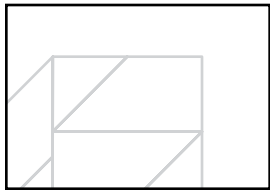
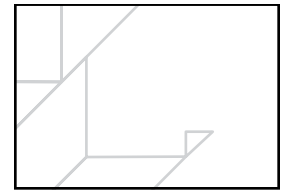
SAD



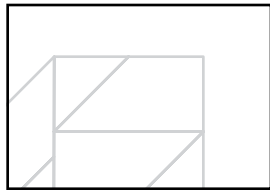
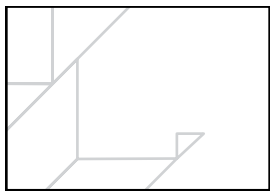
DISAPPOINTED



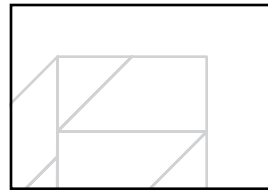
SURPRISED



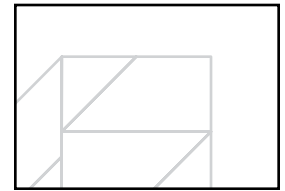
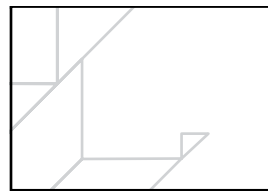
SHY



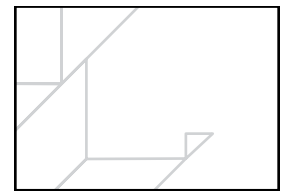
CURIOUS

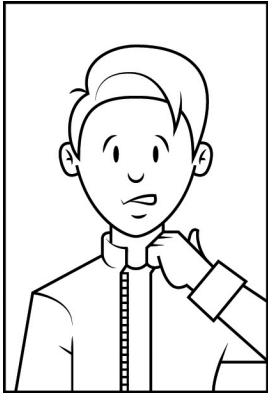


HOPEFUL



AFRAID





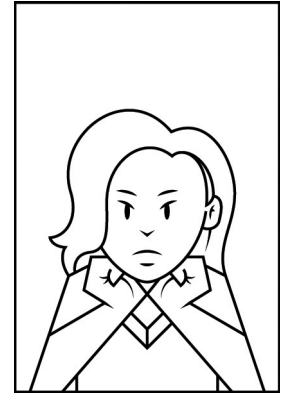
NERVOUS



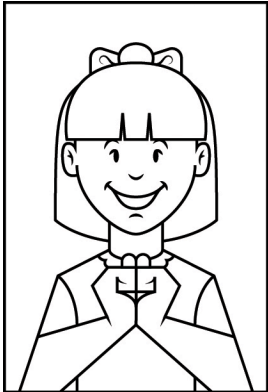
PROUD



CONFUSED



ANGRY



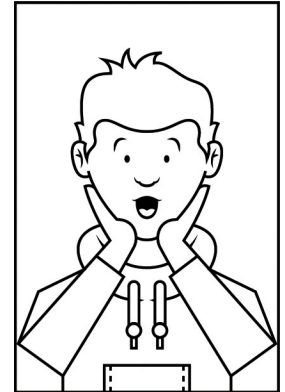
EXCITED



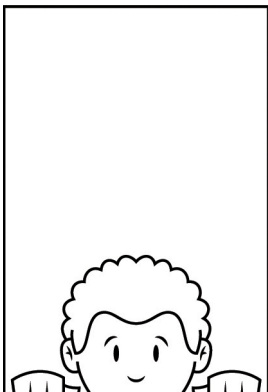
SAD



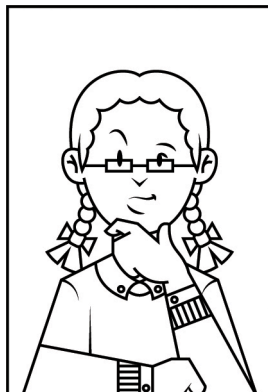
DISAPPOINTED



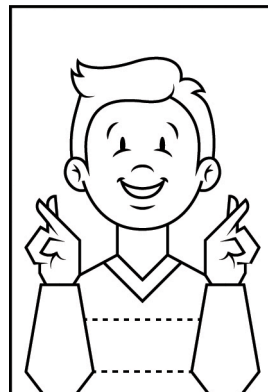
SURPRISED



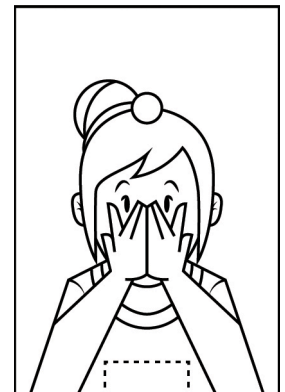
SHY



CURIOUS



HOPEFUL



AFRAID

Bravery Strategy #3:



Act thoughtfully.

Sometimes when we feel unsure about something, we might act in ways that are not helpful or hold us back. This is normal, and it is also something we can work on as we build our courage. When we need to be brave, it can be helpful to take a quick break and ask yourself these three questions:

What actions can I take in this situation?

What might happen if I take those actions?

Are there any other actions I could try?

Example:

Imagine that it is bedtime, and you are feeling a little afraid of the dark. One action you could take is to scream. Is that the action you want to take? What might happen if you take that action? Is there something else you could try? You might decide that even though you feel like screaming, that might wake up your family and scare them, so instead, you decide to turn on a flashlight. Turning on a flashlight is an example of a positive action you could take.

Bravery on Stage!: A Royal Play

With your grown-up, cut out the scene cards (see page 13) and place them face down.

Next, cut out and color the crown (see page 14) and tape the ends. Place your crown on your head. You are now a princess or prince!

Write your new royal name here: _____

Now the fun starts!



A fire-breathing dragon has moved into the cave next to the castle.	One of the villagers needs a medicine that can only be found in the dark, haunted forest outside the village.
A stranger has arrived at the castle asking for something, but you both speak different languages.	The royal dog has run away, and nobody can find him.
The prince and princess from the castle next door want to play—but you have never met them before, and you feel very shy.	There is a royal horse-riding race tomorrow to determine the fastest horse in the land, and your horse only wants to walk very slowly.
There is a scary noise coming from the castle's dungeon!	The castle's cook has made pickle soup for the royal dinner, and you're not sure you like pickle soup very much.

ACT I: Walk into your imaginary castle in your imaginary village. Your grown-up is one of your villagers. Ask your grown-up to select one of the cards and read it out loud.

Then, act out what you will do as a prince or princess. Make it as silly as you can!

ACT II: Now act the same scene again, but this time, your grown-up should shout out each of the questions before you begin:

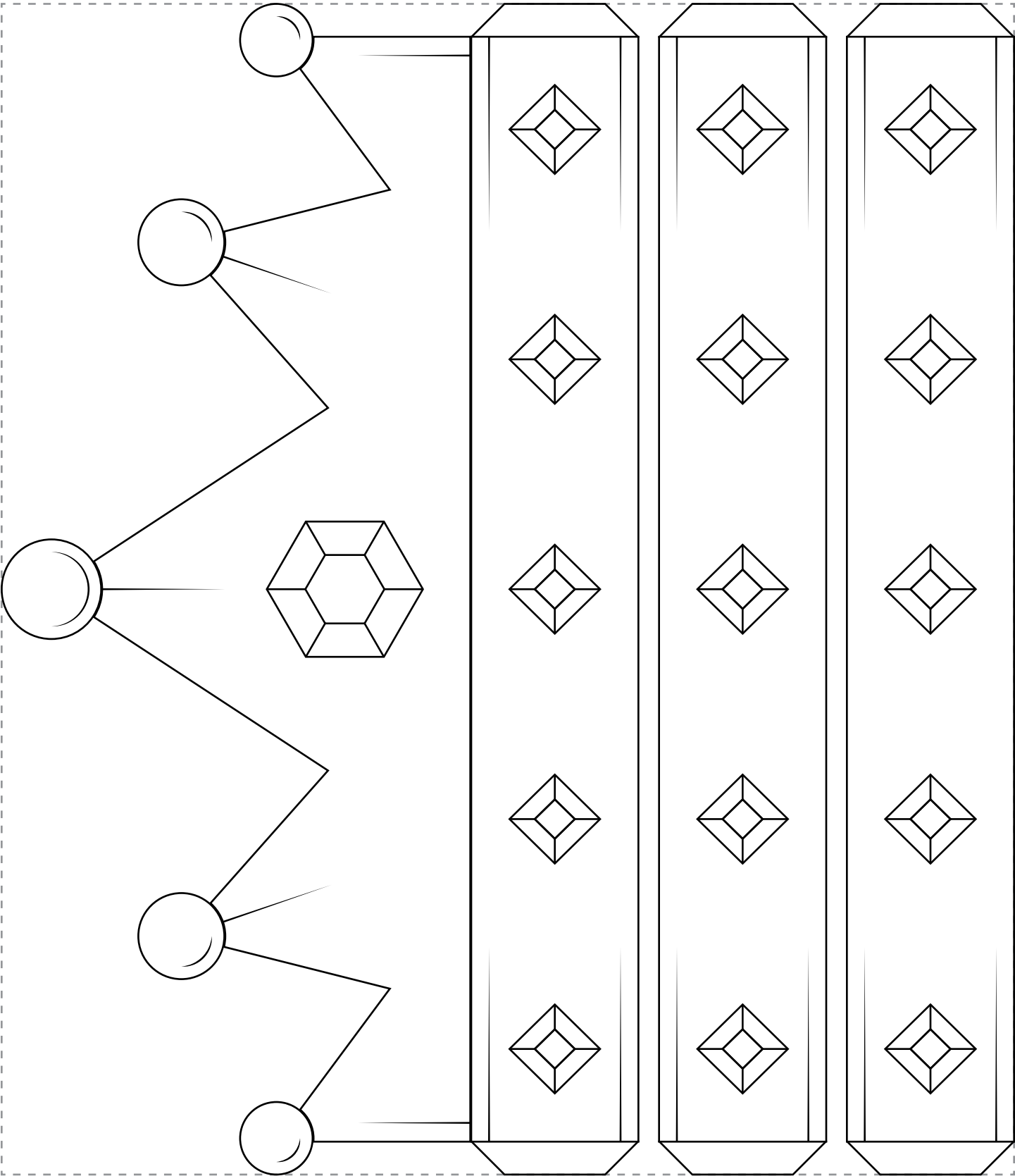
What positive actions can you take in this situation?

What might happen if you take those actions?

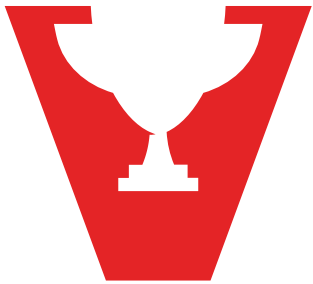
Are there any other actions you could try?

Act out your answer to each question!

ENCORE: Try the same game with a new scene or make up your own!



Bravery Strategy #4:



Visualize your goal.

When you have a goal, especially if it is something that seems a little scary or hard, it can be helpful to start by picturing yourself achieving that goal. The power of your imagination can actually help you unlock your courage! Athletes, artists, musicians, teachers, television stars, scientists, and experts in almost every area of life use this strategy to help build courage by imagining their success even before they have reached it.

Example:

Many people feel nervous when they have to achieve a goal, such as successfully singing a song in front of someone, taking a test, or using a new skill during a sports game. To build courage, try picturing in your mind how you will achieve your goal before you do it in real life. See yourself achieving your goal with courage! Then, when it is time, you will feel braver and ready for the challenge because you have already visualized your success.

Draw a Comic: Jasper the Brave

Jasper is a brave little animal, but he is feeling a bit nervous today. He has to go to a new animal doctor for a check-up to make sure he is healthy. However, he has never gone there before, and he's not sure what to expect! Together with your grown-up, you can help Jasper visualize his goal: staying calm at the animal doctor's office.

STEP 1: First, draw a picture of Jasper. What kind of animal is he?

Jasper is a(n):

_____ .



STEP 2: What are some things about the animal doctor's office that Jasper is afraid of? In the box, draw something you think he might find scary.

STEP 3: Draw a comic strip below to help Jasper visualize what might happen during his trip to the animal doctor.

(Hint for grown-ups: you may want to print extra copies of this page if your young co-author needs more space. You may also want to each draw your own comic strips to share with each other.)

STEP 4: Jasper says, "thank you!"

(Hint for young learners: You can use extra copies of this page to help visualize you meeting your *own* bravery goals!)

Bravery Strategy #5:



Explore new things.

Bravery takes practice and what better way to practice than to explore new things? When you stretch yourself to explore, you help yourself challenge your fears, learn new skills, and have more fun!

Example:

There might be a place in your home that seems a little bit frightening or strange. For many children, this might be the basement, a dark closet, or under the bed. With a grown-up's help, try exploring that space together. For example, you might discover that the strange shape in the corner is actually something pretty fun, such as a box full of interesting family pictures or toys you haven't played with in a while. By exploring, you will not only build bravery but will also expand what you can enjoy, learn, and do.

Explorer Checklist

With your grown-up, choose a place to explore. Your place can be anywhere, inside or outside! Bring a pencil and this checklist to keep track of what you discover as you bravely explore your world.



As you explore, see if you can find something...

What did you find?
Write about it here:

Draw a picture of
what you observed:



...blue



As you explore, see if
you can find something...

What did you find?
Write about it here:

Draw a picture of
what you observed:

☐

...very small

☐

...alive

☐

...helpful

☐

...that looked scary at
first but isn't actually
scary at all

☐

...soft

☐

...silly

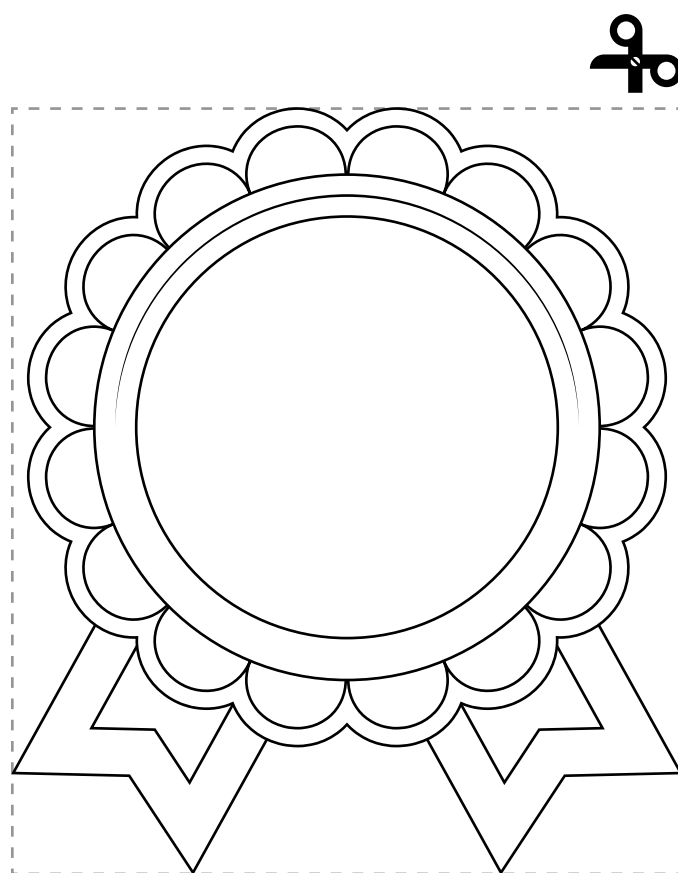
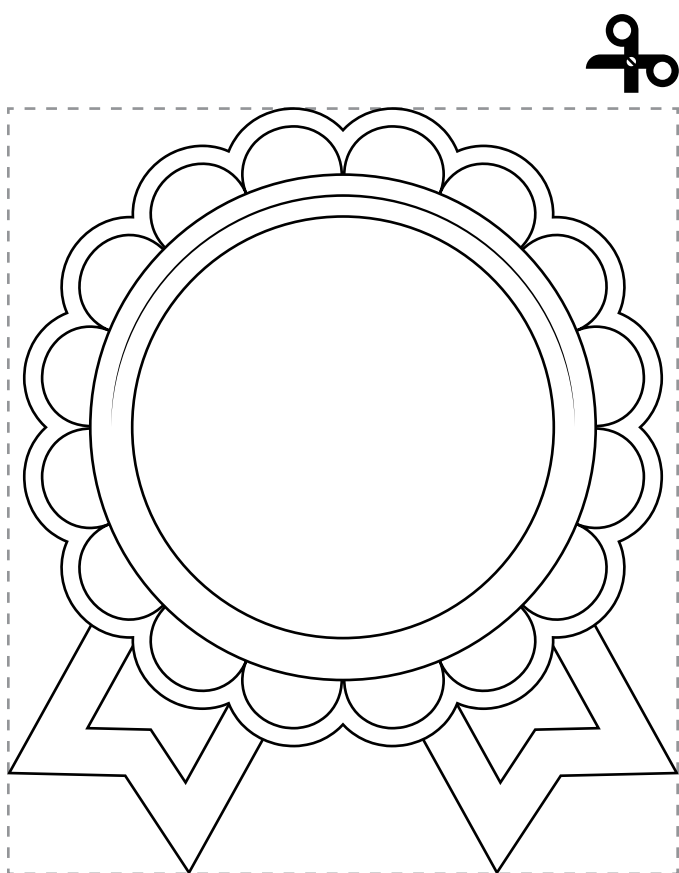
Congratulations!

You Are SO Brave.

You have reached the end of this courageous book, but your brave adventures have only just begun!

You can use your B.R.A.V.E. strategies, your goals, and your imagination to build your bravery and do great and important things, even when you feel a bit nervous or scared.

To help you on your way, you and your grown-up can each make a bravery badge for each other. You can color, decorate, and write whatever you want on the badge you create for your brave co-author. Present each other your badges (you can even have a ceremony!). If you enjoyed this book, you can do these activities again with a different co-author.

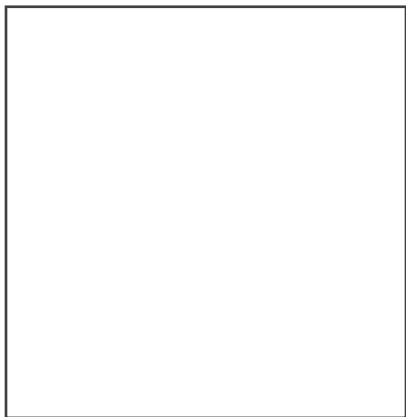


In the meantime, have fun, be safe, and be BRAVE!

About the Authors

Picture of the author

Author biography



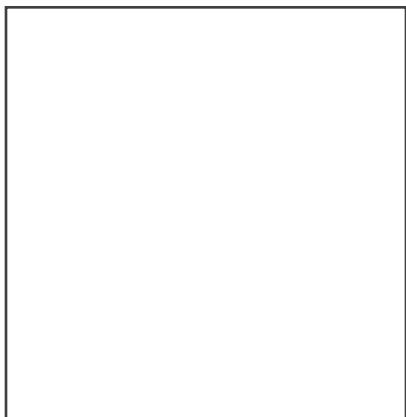
Name: _____

I was bravest when: _____

I was so proud of my co-author when: _____

Picture of the author

Author biography



Name: _____

I was bravest when: _____

I was so proud of my co-author when: _____

For more Brave activities, please visit
mheonline.com/VirtualCarePackage

