

# Symbols of Bravery

## Exploring the connection between symbolism and courage

What do you think about when you think of bravery? Do you think of superheroes? Do you think of people who save lives, overcome huge obstacles, or make the world a better place?

Bravery isn't always about doing big or fancy things.

Bravery can be things like speaking up in class when you are unsure of something, even if you think your question seems silly. Bravery can be taking care of a new pet when you have never done that before. Bravery can be talking to someone new in school, even when you don't share any common interests.

Bravery can also be standing up for your beliefs. Bravery can also mean changing your beliefs when you learn something new. Bravery can be helping others who need help. Bravery can be taking positive action (doing good things) even when you are scared or not sure you will succeed. Bravery can be big, small, or even invisible (except to the person who is being brave!).

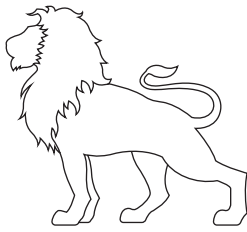
Symbols are images that are used to stand for or represent an idea. There are many things that are used to symbolize bravery, and each of them reminds us of different ways we can be brave.

Animals are often used as symbols. For example, a dove can be a symbol of peace. A butterfly can be a symbol of change. A cheetah can symbolize speed. Animals can even symbolize different things in different cultures and different places in the world. For example, owls often symbolize wisdom in Greek culture but are a symbol of foolishness in India. Do you think animals can be symbols of bravery? Let's find out!

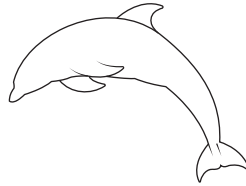
**A Note for Grown-Ups:** This resource can be used to support young and older learners alike (for younger learners, you may wish to read the introduction and prompts aloud). The research and writing prompts can be used as individual activities or part of a larger project at home, at school, or both! These prompts are meant to provide initial inspiration – feel free to create your own and invite young learners to do so as well. Some learners may wish to expand on their work using other media, such as recording a video or creating a painting of their chosen symbol(s).

# Part 1: Research

Look at the list of animals below. Think about the different ways each animal could symbolize bravery. Pick one animal and research how or why that animal could be used as a symbol of bravery. You can research online, use books, check out articles, watch videos, and even interview classmates or family members to find out what they know about these animals and how they display bravery.



Lion



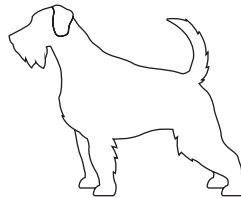
Dolphin



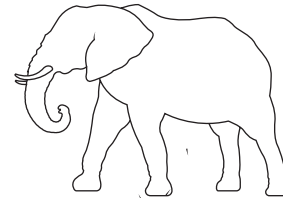
Penguin



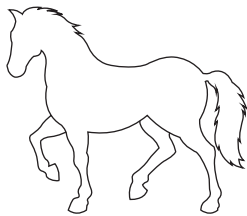
Bee



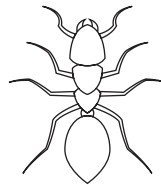
Dog



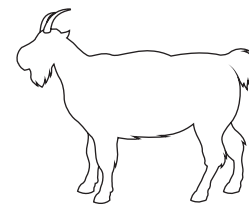
Elephant



Horse



Ant



Mountain Goat

Notes: \_\_\_\_\_

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# Part 2: Write

1. Based on your research, write about how your animal could be used as a symbol for bravery. For example, what dangers or obstacles does it experience? How does it overcome those obstacles? Do you think your animal is a good symbol to stand for bravery?

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2. What are some ways you and your animal display bravery when faced with an obstacle or problem? How do you take positive action, even when you feel afraid or unsure?

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3. Make up a story about the animal you chose to symbolize bravery. Using your research, describe their environment, a challenge or problem they might experience, and how your animal symbol can bravely overcome it. You can make this story realistic or make it a work of fiction!

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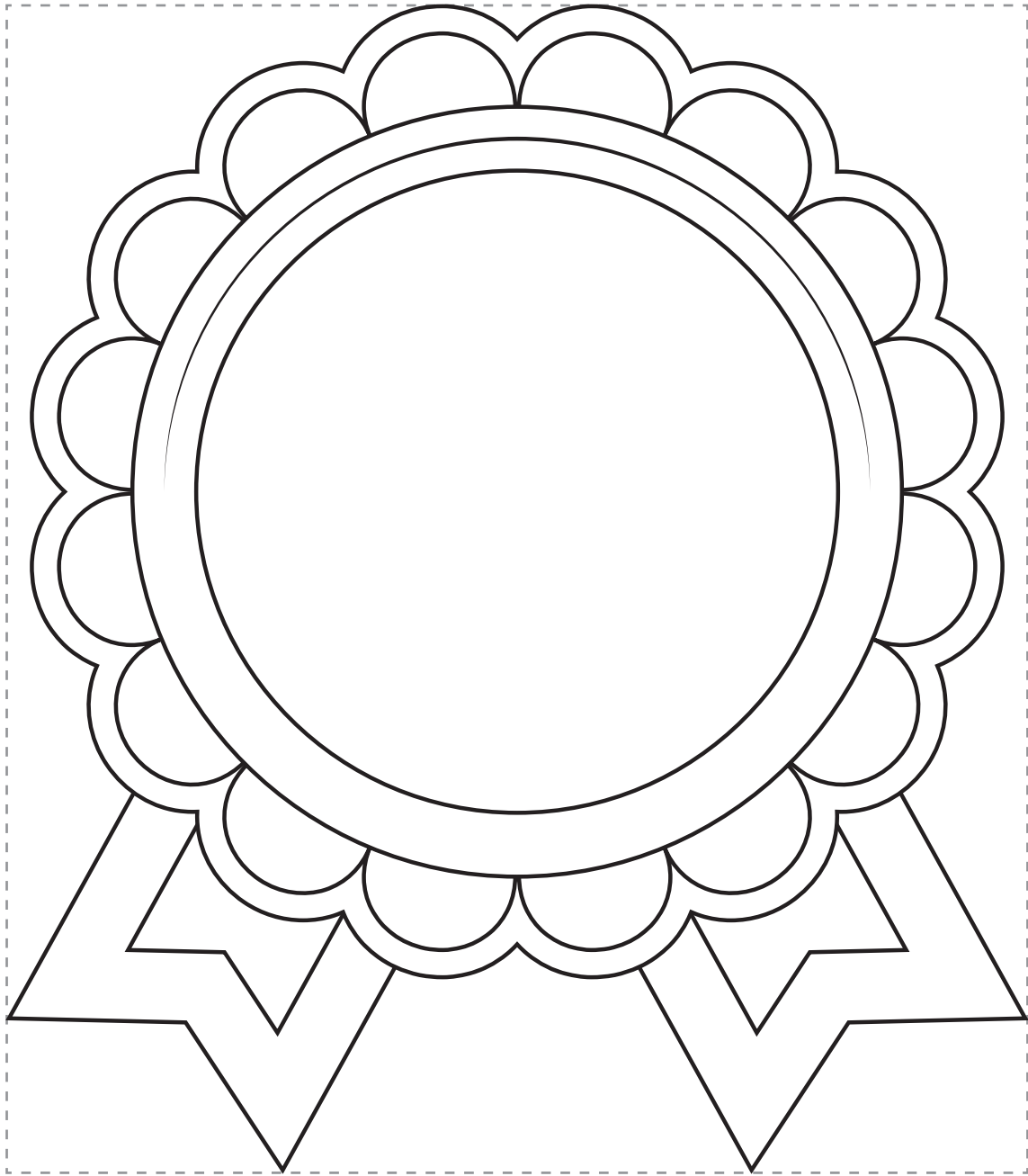
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## Part 3: Create

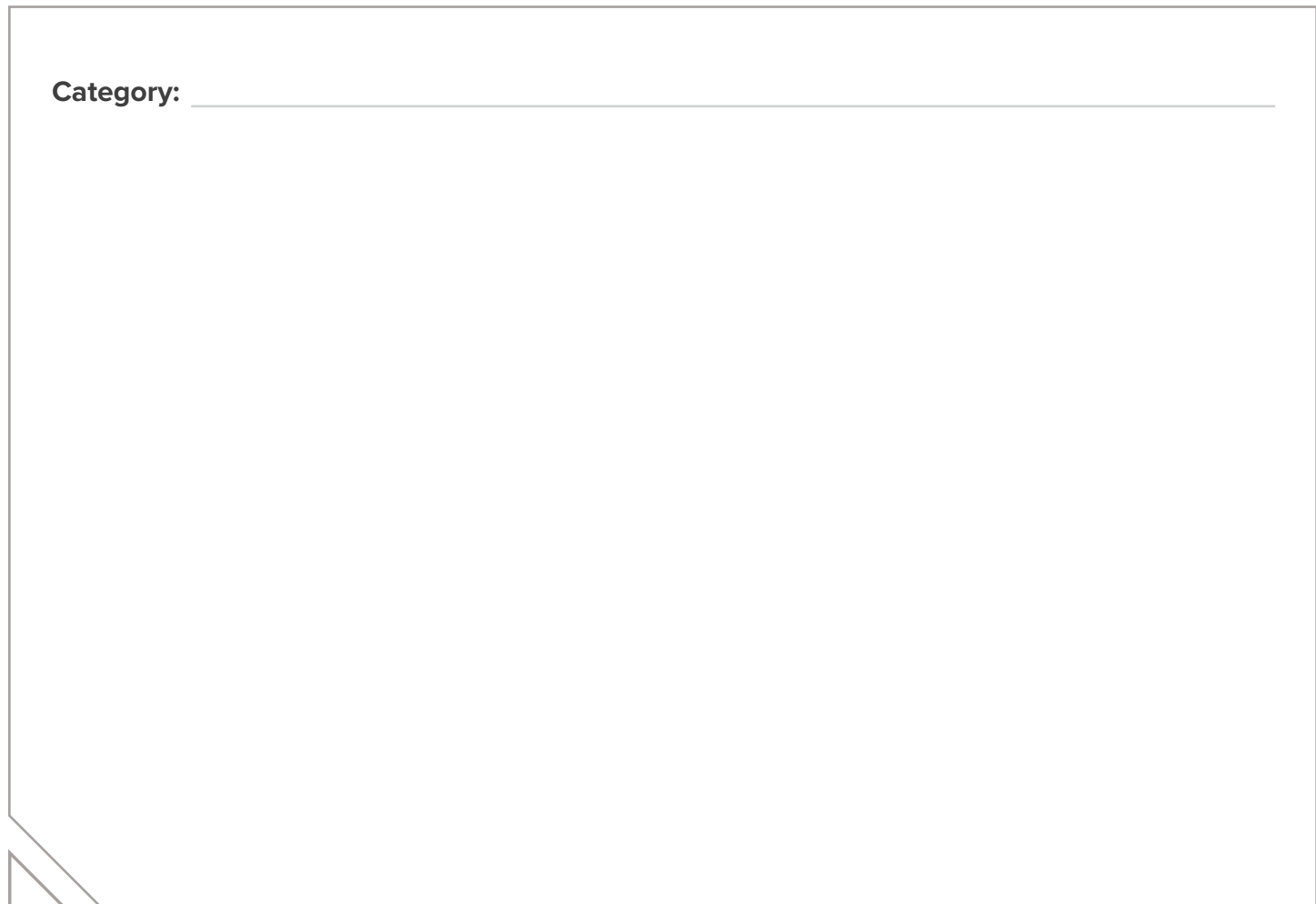
1. Draw a badge with your animal symbol for bravery on it. Hang up your creation in your room, or give it to someone you think is brave.



## Part 3: Create (continued)

2. Choose a category of objects (for example: toys, plants, food, or tools). Make a list of as many objects in that category you can think of and circle any that you think could be used to symbolize bravery. If you want to, you can research and write about those symbols as well!

Category: \_\_\_\_\_



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# Part 3: Create (continued)

3. Create a bravery symbol jar! On index cards or small pieces of paper, draw a symbol of bravery on one side. On the other side, write a short sentence or fact about why that object is a symbol of bravery. For example, a nightlight could symbolize shining bright when things seem dark or scary, or a light bulb could represent not being afraid of new ideas. When you or a friend need a bravery boost, take a symbol out of the jar as a reminder of all the different ways that you can be brave. See if you can spot some of your symbols of bravery in anything you read, watch, or observe in the world around you.




For more Brave activities please visit  
[mheonline.com/VirtualCarePackage](https://mheonline.com/VirtualCarePackage)

