

9798765400371

# Bravery Is in You

## Tips for Educators, Parents, and Caregivers

Bravery is an important building block for a child's health, happiness, and success. Children who exhibit bravery understand that it's okay to be scared, but it's possible to face fears and successfully overcome them. By encouraging bravery in children, you're helping them to reduce worry and anxiety, to be more calm, have less emotional reactivity, and improve their ability to try new things.

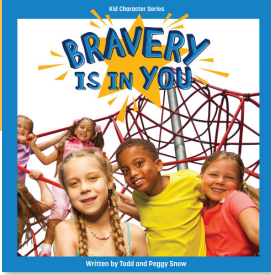
Studies show that children who regularly practice bravery are better able to withstand negative peer pressure, have stronger willpower, have more resilience and confidence, and show improved learning performance and school engagement. As role models, sharing our bravery has a positive impact on how children will develop their bravery. Try these tips for encouraging bravery in children:

- ★ Model bravery for children. Discuss how good it felt to step outside your comfort zone and take on tough challenges.
- ★ Discuss with children the importance of supporting others by doing what's right, even if they're afraid.
- ★ Help children to build their bravery "muscles" by letting them do things for themselves. Have them practice positive self-talk, such as "I can handle this." or "I've got this!"
- ★ Let children know it's okay to talk about their fears as part of overcoming them.
- ★ Reinforce that safety is always a top priority when being brave.
- ★ Help children practice bravery each day. Examples could be standing up for a friend, introducing a classmate, or trying something that might feel scary. Ask them to share how they felt being brave.
- ★ Let children know bravery happens in small ways and they don't have to be a superhero to be brave. They can be shy or timid while still being brave.
- ★ Read this book together. Share other books and news stories about people who have shown bravery.
- ★ Encourage children to trust their instincts and reach out to an adult whenever anything feels unsafe.

By implementing these tips with the children in your care you'll be helping them become brave, happy, and thriving individuals!



# Bravery Is in



9798765400371

\_\_\_\_\_

(fill in your name)

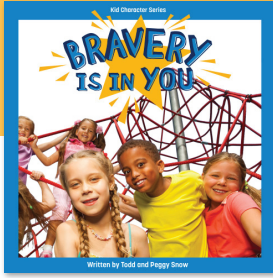
Anyone and everyone can be brave! Can you list three times when you were brave? How were you being brave in these moments?

Being brave doesn't mean not being afraid. Most times, you are bravest when you are afraid of something but do it anyway. Has there ever been a time when you were afraid but still brave? What helped you to be brave?

It helps to have role models who can show you how to be brave. Is there anyone in your life who helps you to be brave? What do they do to help?



# Bravery Is in



9798765400371



(fill in your name)

You don't have to be a superhero to be brave—but it is fun to pretend! Draw yourself with a superpower that you think would help you be brave.

