

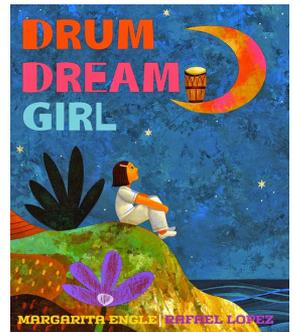
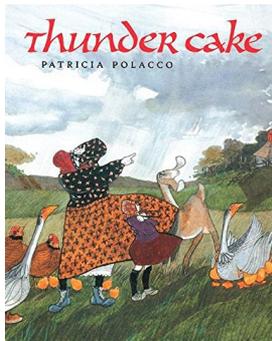
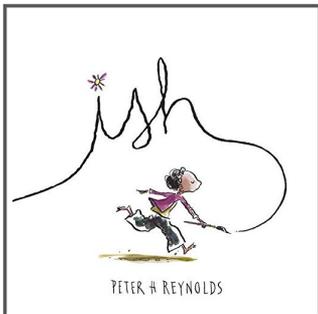
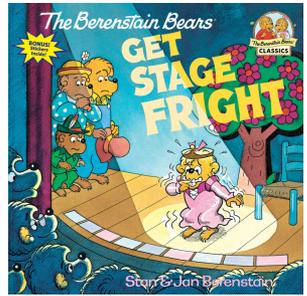
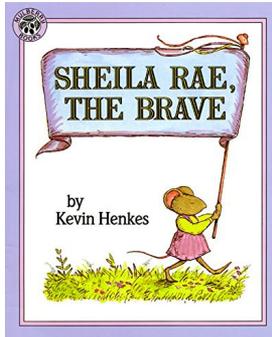
Family Story Hour

— STORIES ABOUT COURAGE —

What is Courage?

Having the determination to do the right thing, listening to your conscience, facing your problems directly, being open to trying new things

Our favorite books that help teach this value:



Family Story Hour

ACTIVITIES ABOUT COURAGE

Quiet Corner

Ask your child to create a calm, quiet, happy place in the home, garden, bedroom, etc. It could just be a small corner of a room, or even under a table. Ask them to think about what they would put in there to make it a calming space. Maybe some pillows, blankets, stuffed animals, some hot chocolate, a music player, a pet cat/dog to snuggle with...

You could also ask them to imagine what their quiet space might look like and have them paint a picture of it. It could be inside the home or outside in a field of flowers, on top of a mountain, on a relaxing beach.



Courage Jar



For this activity, you'll need a cup or a mason jar, popsicle sticks, and markers. On each stick, write a simple message about being brave and decorate it however you'd like. *Examples:* "You've got this!" "I believe in you!" "Today will be a great day!"

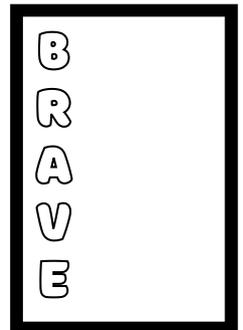
Once you're finished, place the jar of popsicle sticks in a common space in your home, such as the living room or kitchen. When someone in your family is needing a little bit of courage before the first day of school, a big test, a doctor's appointment, they can pull a stick from the jar for some words of encouragement.

Acrostic Poem

An acrostic poem is a fun way to introduce children to simple poetry styles. Using the letters in the word **brave**, help your child come up with words or sentences that describe them that start with b, r, a, v and e. Then, write them down next to each letter. These describing words are called "adjectives."

Examples: **B**right, blonde, bold, beautiful, **R**eliable, relaxed, radiant, respectful, **A**rtistic, adventurous, amazing, awesome, **V**ibrant, verbal, very, **E**xcited, easygoing, eldest, efficient

Use the poem attached to this packet to get started. You and your child can use colored pencils, crayons, or markers to color in the letters, as well!



B

R

A

V

E



How can you be brave today and every day?

