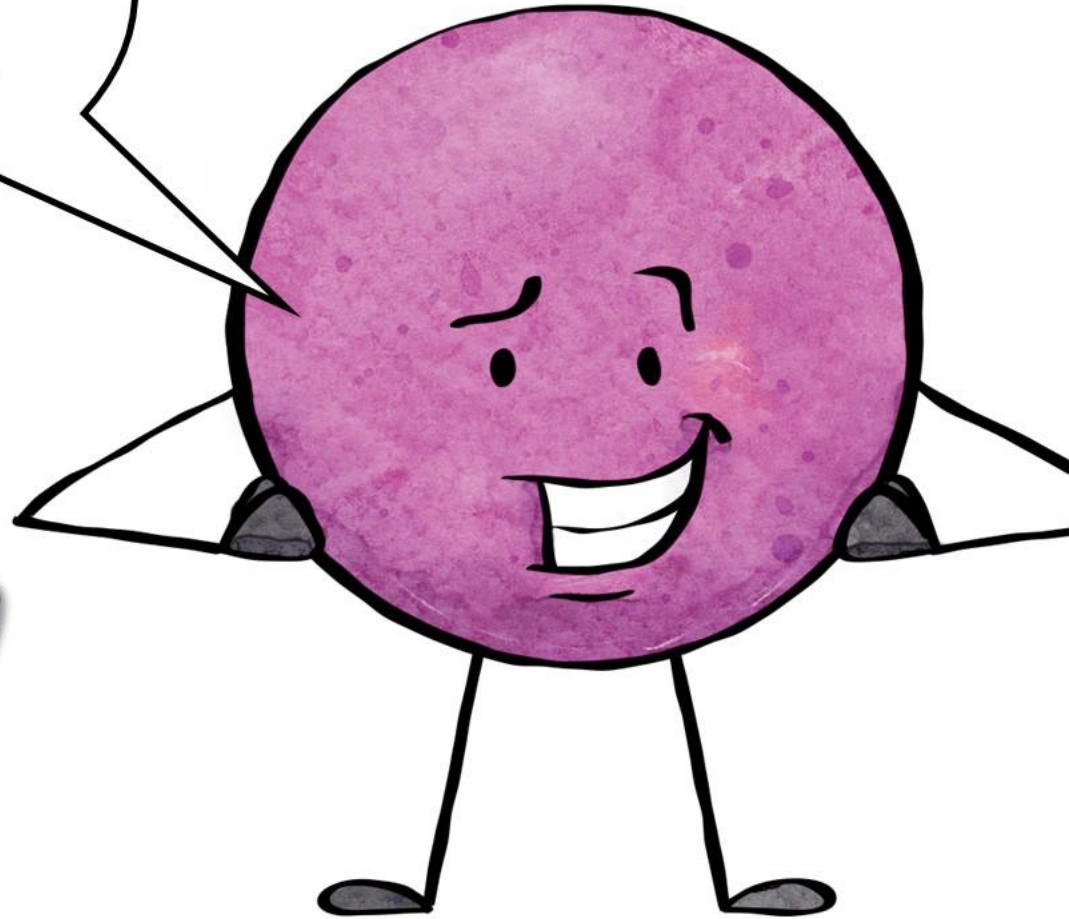


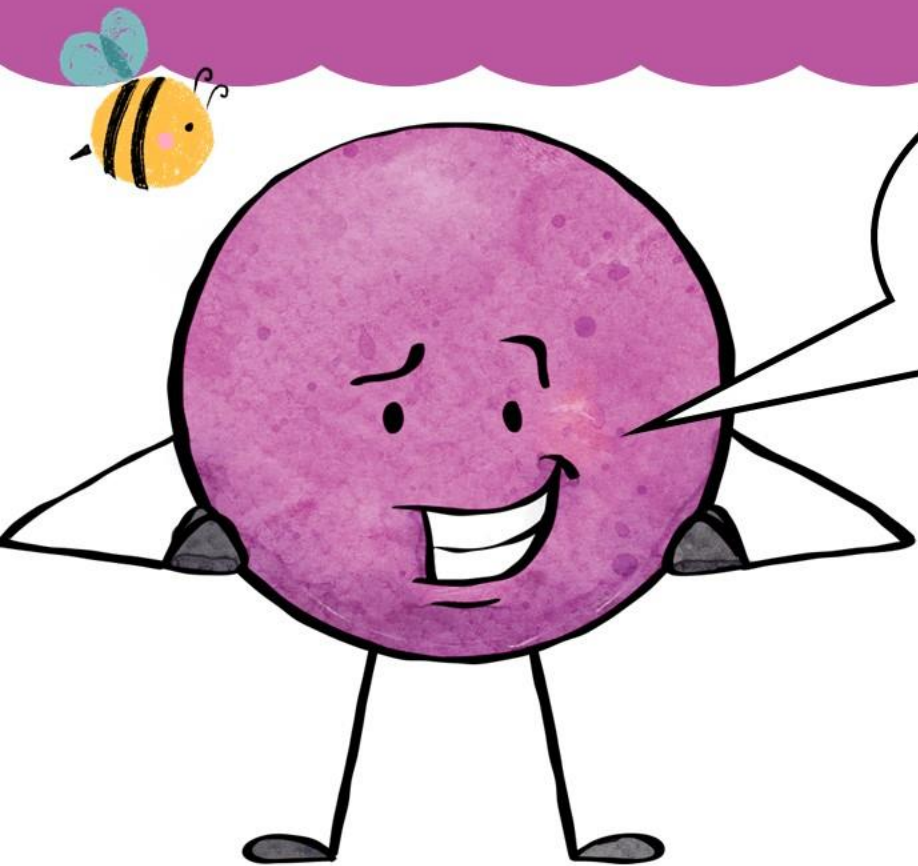


Are you
ready for ...



**MIGHTY
MONDAY**





I can find
my brave



What do you think it means to be brave?



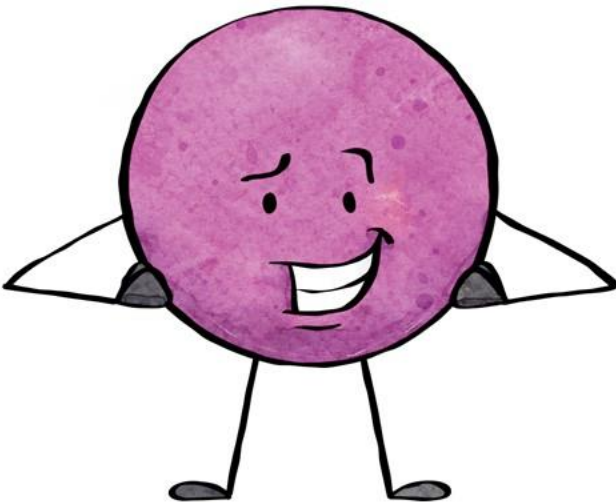
When you are brave you are doing something that might make you feel a bit scared or even a lot scared.

Finding the way to overcome the fear is brave.

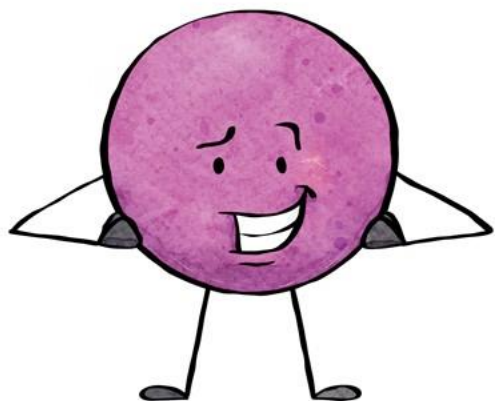
Your bravery is unique to you. What is brave for you might not be brave for someone else.

Mighty Monday finds it hard to express his feelings. So when he does express his feelings he is being very brave.

Today let's think about things that you do that make you brave.



Activities



- Think about something that you were scared about but you did it anyway. So it might be visiting the dentist, visiting the doctor, standing up to someone, telling someone how you feel, sitting a test, going for a piano exam or anything at all that is unique to you. It can be the teeniest thing. Talk to someone about it.
- Start a journal and at the top write 'I was scared but I did it!' Start writing down all those things that scared you but you did them anyway. You can't overcome your fears sometimes without a little help but just asking for help is brave so write that down too! E.g. 'I was scared about going to the doctors so I asked my mum for help.' You could draw pictures too.

Trying to overcoming your fears is BRAVE



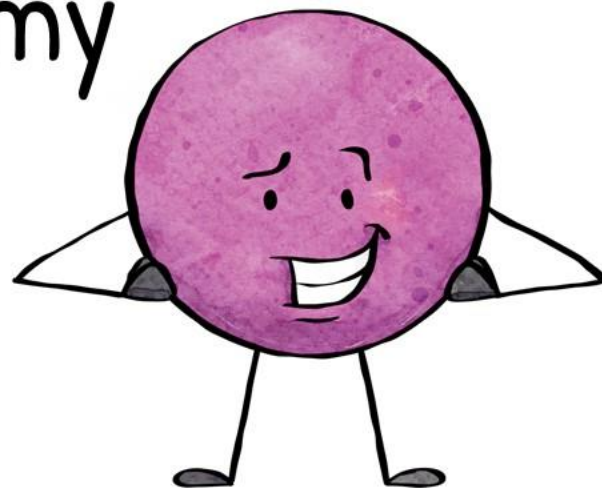
Affirmations



I am brave

I can try to overcome my
fears

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

Are you
feeling
brave?

