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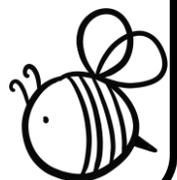
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Week 9



BRAVE



Name



#mindfulmonday

Teacher/ELSA Ideas/suggestions



Have a class circle-time on what it means to be brave. Explain how being brave can cover many things such as sharing worries, asking for help, trying something new, making the right choice, sharing your feelings, or just being confident and talking in front of the class or in assembly. Give pupils a few minutes to chat with their partner on how they have been brave in the past. Ask the pupils to answer the sentence stem 'I was brave when...'



Make a jar of courage for the classroom where pupils take positive messages when they feel they need them. You can download a free 'Jar of Courage' pack.



Look for 'bravery' in books that you read in class. Ask pupils to find brave characters and explain why they were brave. Superheroes are good to look at.



There might have been things in the past where pupils were brave but do they have things that they want to be brave with in the future. Is there something new they want to try for example. How can they be braver?



Make a 'brave' badge to use in class. Award to pupils who show bravery for anything they do that is brave for them.



Start a bravery journal. Each day pupils to reflect on one or two things where they were brave.



Look at other words that mean the same or similar to brave such as courage, confidence, fearless, valiant, dauntless, gallant, and bold. Use a thesaurus to find more. Make a word wall of 'brave words'.



Introduce the worksheet and list(if appropriate). This week encourage pupils to look for times when they were brave. They can list them and then fill in their worksheet.



How can you be brave this week?

#mindfulmonday



BRAVE



Name



AWESOME

On completing the

WOW

**Braver than you think
Challenge**

Presented to:

Signed:

Date:



AWESOME

On completing the

WOW

**Braver than you think
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