

Be Brave

When something makes us worry or makes us anxious, it is easier to ignore it and to pretend it isn't happening.

Occasionally, this is OK but if we did this every time, we would not challenge ourselves and realise what we are truly capable of. If we try to manage difficulties as we go through our life then we become braver and more confident.

This makes us feel better and more able to cope with any difficult things that we may have to overcome as we get older.

What are the things that make you worry?

E.g. I don't like putting my hand up in class.

What are the occasions or events that you might avoid?

When you choose to be brave, you are choosing to challenge yourself and to improve your life. You are opening up all sorts of possibilities that wouldn't have been available before.

By choosing to be brave, you are choosing to try new and exciting opportunities. Your self-esteem will improve and you will be able to make positive and reasoned decisions without others having to make decisions for you.

Keep thinking about what it feels like when you are brave and then answer these questions:

What is one brave thing are you going to do today?

When you have completed your 'brave act', come back and fill in these questions:

What did you do?

How did it feel?

Would you do it again?

Is there anything that you might do differently?

What is the next brave thing you are going to do? When are you going to do it?



Well done for being brave!

Keep being brave and trying new things.

