1. Write down what finding your brave means to you:
2. How could you help others find their brave?
3. List 3 things that you’ve done that made you feel brave:
4. Can you remember the last thing that made you laugh?
5. Can you remember the last thing that made you cry?
6. Write down three things you enjoy doing to keep yourself healthy:

1. Why do you think it’s important to talk about how you are feeling?
2. Write down something you could say to someone to encourage them to find their brave:

Find your Brave!

Name:

Date: