

Everyday Brave

STORY TIME KIT

Activities to help kids find their courage

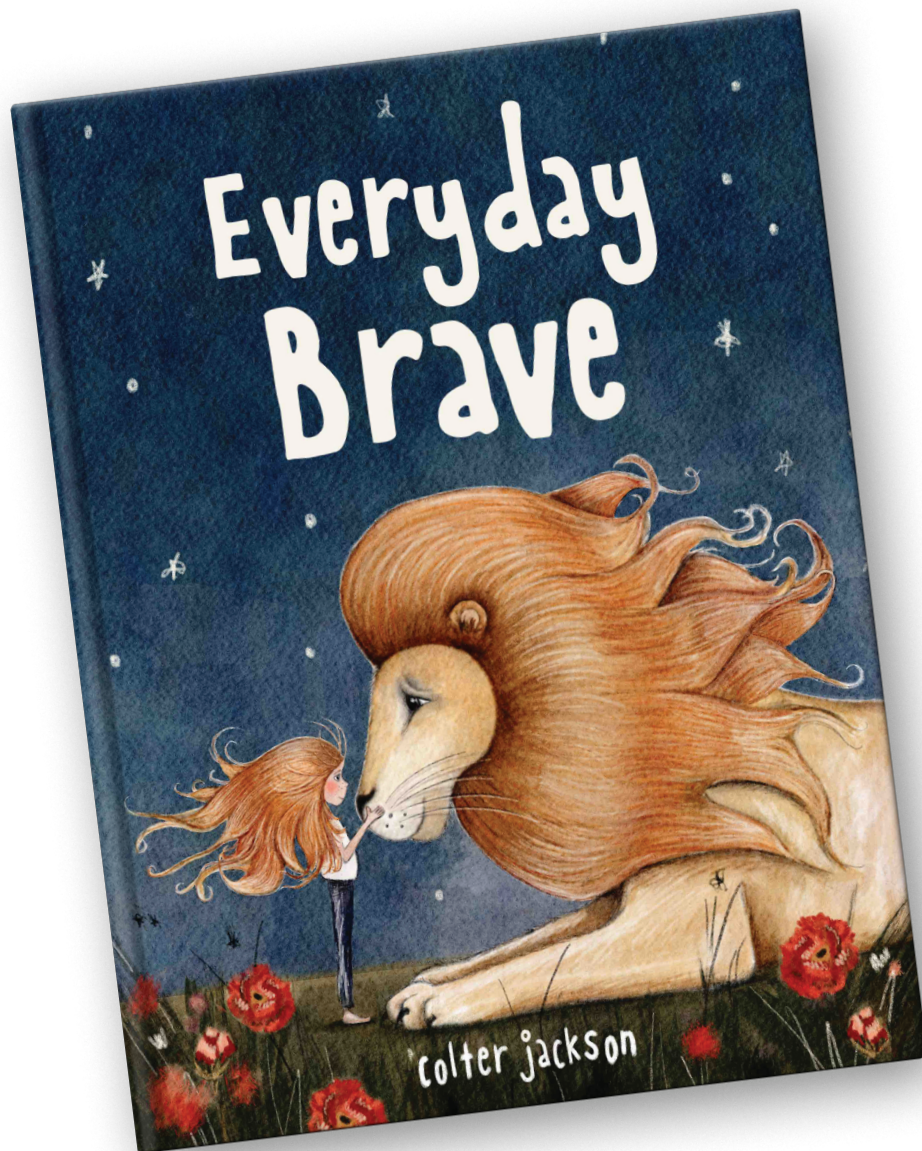


colter jackson

ACTIVITIES FOR LIBRARY, SCHOOL OR AT-HOME STORY TIME

From author-illustrator Colter Jackson comes a story about a little girl who finds it easy to speak up, make new friends, and shoo away the monsters under her bed when she has a great big lion by her side. Next to her lion, nothing is scary—not even broccoli. But when a classmate tells her the lion is only in her imagination, that bravery vanishes. Suddenly, the world is scary. Until the little girl tries a roar of her own and discovers that maybe the courage she needed was inside her all along.

At once fierce and tender, Colter Jackson's *Everyday Brave* is a book about finding your footing, facing your fears, and discovering the lion-like roar within.



Hello my brave friends,

My name is Colter Jackson and I have not always been brave. In fact, I have often been the opposite. I used to think bravery was something for firefighters and tightrope walkers. But now I see that courage is for all of us and every day is an opportunity to be brave in lots of ways that matter.

Everyday bravery is the kind that makes life better. It makes us try new things, it keeps us from giving up when the going gets tough, it makes us stand up for what we believe in, it even helps us make new friends.

Don't get me wrong, fear is important sometimes. It's there to keep us safe. But that fear can get out of hand and the voice in our heads might make us afraid to speak up for ourselves or for others, try new things, or be who we really are.

And that just won't do, will it?

We all lose our courage sometimes. And that's okay. One of the best things about everyday bravery is that you can start small and practice. And like most things that you practice, you'll get better and better. And braver and braver. And before you know it, your courage will be roaring back.

I made this story time kit for you so that you'll have some tricks up your sleeve no matter what life throws your way. Inside, you'll find printable bravery badges, activities, an interview, and more. My hope is that you'll always have the courage to let your light shine out into the world.

Love, your friend,

Colter Jackson



BRAVERY INTERVIEW

This interview sheet is designed for kids to interview a family member or family friend about a time they were brave.



What is your name?

Tell me about a time you needed to do something but you were afraid?

What did you do to make yourself feel brave?

Did you fail at that thing or did you succeed?

If you had to do that thing again, would you still be afraid?

What would you say to someone who is afraid?

Bravery Badges



I was
brave

I hereby
recognize you
for
**everyday
bravery**

**#1
bravest**

Find your
ROOARR!



**Braver
than
brave**



**Brave in heart.
Brave in mind.**



**brave
kid**

LION'S BREATH

We all experience times of uncertainty and fear. This exercise is a quick and easy way to help center you for the challenge you are facing and summon the bravery that lives within us.

Close your eyes. Take a deep, full breath and fill up your lungs all the way to the top.

Exhale slowly with your mouth wide open, rattling your throat like a lion.

Inhale again. This time, imagine that the air you are breathing in is filling you up with courage. When you exhale, imagine that all the air leaving your body is fear.

Repeat this 5-6 times and you will feel calm and ready to be brave and take on all the challenges you face throughout the day.



EVERYDAY BRAVE STICKER CHART

Sometimes bravery takes a little practice. When you've tried something in one of the circles below, put a sticker on it! When your sticker chart is full, you'll have the satisfaction of seeing how brave you've been all along and you'll feel full of courage before you know it.

Raised
my hand
in class

Told someone
how I felt

Apologized

Gave a
compliment

Tried a
new food

Introduced
myself to
someone new

Attempted
something I've
never tried
before

Learned a
new skill

Quit a
bad habit

Stood up
for a friend

Joined
a team

