

# Value: Bravery and Determination



Bravery is courageous behavior or character. Bravery is the quality or state of having mental or moral strength to face danger, fear, or difficulty. Determination means a firm or fixed intention to achieve a desired end. Determination means an intention to overcome obstacles and never give up.

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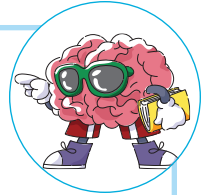


## Malala Yousafzai

Malala Yousafzai was a young girl who believed in the right for girls to go to school. She lived in Pakistan, a country controlled by the Taliban. The Taliban did not believe girls should receive an education and they closed many schools, ending the education of over 100,000 girls. So she started blogging about the issue. Because she stood up for what she believed in, Malala faced many hard things. Malala faced many hard things and was even shot when she was 15 years old. Nothing could stop Malala from doing what she knew was right and she continues to help girls around the world get the education they deserve. Malala demonstrates bravery and determination and reminds us that no matter what we face, we can be strong and courageous as we fight for what we believe in. Malala continues to help girls around the world to be provided with the right to learn. When we think of brave and determined, we think of Malala. She reminds us that no matter what we face, we can be strong, and courageous!

– Juliana C.

## Family activity to reinforce BRAVERY:



As a family pick some new things to try. It takes courage to step outside your comfort zone and try something new.



Pick a new food to try. Perhaps pick a dish from another culture to make and try together. Learn a little bit about the culture you chose.



Pick a new activity to try: roller blading, basketball, gardening, sewing, painting...the possibilities are endless.



Reach out to someone new, introduce your family members and try to get to know them.



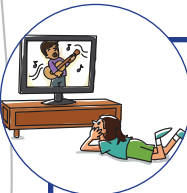
Do something that makes you nervous.



Share your acts of bravery.



Come up with strategies to be brave. Positive self-talk such as, "I can do this", or, "I can handle this", and taking deep breaths can help you are afraid.



## Family movies that display Courage:

- Finding Nemo (5+)
- The Lion King (6+)
- The Good Dinosaur (7+)
- The Sandlot (8+)
- Spirited Away (9+)
- Soul Surfer (10+)
- Whale Rider (11+)
- A Brave Heart:  
The Lizzie Velasquez Story (12+)



**Activity:** Make a "Courage Jar" to inspire kids to conquer their everyday fears as well as inspire some good family conversations.

**Supplies:** Mason jar, Jumbo craft sticks, markers, stickers.

Choose what you want your courage sticks to say, pick sayings such as: Never give up, Just keep going, You are braver than you think, Can't stop, won't stop, Be brave, be bold, be you, Today is your day, You've got this, Just do it, You are strong...etc. Write one encouraging phrase on each craft stick and store in the mason jar. Set it in a place where everyone can easily see it and grab a "stick of encouragement" whenever they need it.

