

FIND YOUR BRAVE

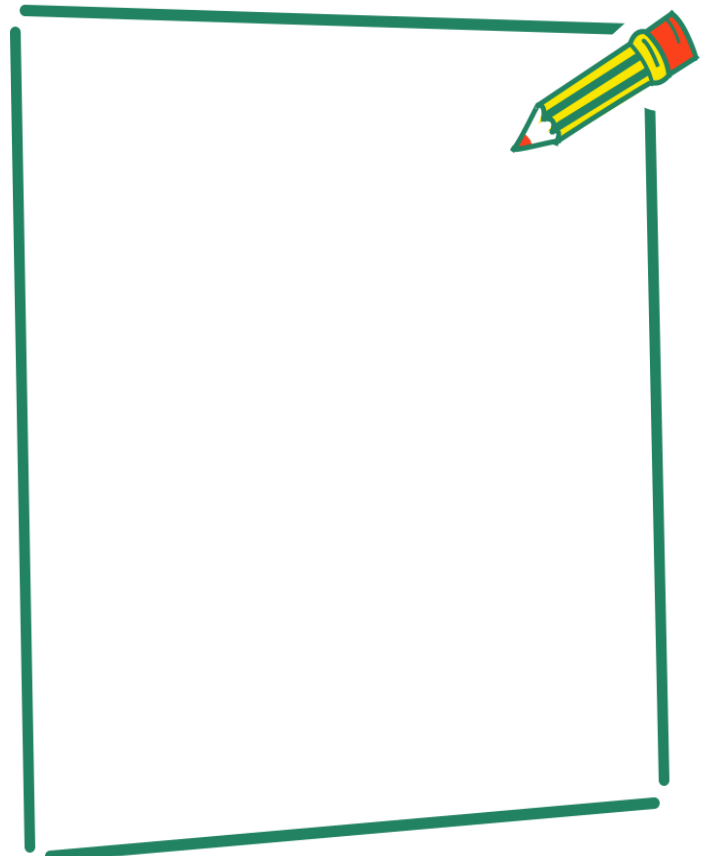
Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3 - 9 FEBRUARY 2020

Bravery comes in all shapes and sizes and is different for everyone. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices. Here are some things that might help you to FIND YOUR BRAVE.

1. Think about something you've done where you felt brave. How did it make you feel?
2. Think of something brave you could do at school. (It could be speaking up in class, standing up for someone or volunteering for something).
3. Think of a new skill or activity you could try that you've never done before.
4. Ask your family, friends and teachers what they do to **FIND THEIR BRAVE** they might have some good ideas you could try!
5. How do you **FIND YOUR BRAVE** Write or draw something in the box to the right.



Everyone is different, so what feels brave to one person might not feel brave to another. Being brave might mean telling someone about your worries and asking for help if you need it.

At children's mental health charity

Place2Be we want all children to think about how they look after their minds.

If you're not sure about something, you can find an adult who you trust to talk to. It could be someone in your family, a teacher, or someone else in school.