

What Makes Me Brave?

Grade Three & Four



Help students reflect on courage and resilience, fostering self-awareness and understanding of how bravery helps them grow.



Learning Intentions

I can reflect on a time when I was brave:

This activity encourages students to think about moments when they showed courage, helping them build a positive sense of self and understand their personal growth.

I can recognise how bravery helps me grow:

By exploring their own experiences, students will see how being brave contributes to personal development and resilience.

I can encourage others to be brave:

Students will practice empathy by thinking about how they can support others in being brave in challenging situations.



Success Criteria

I can identify a time when I felt brave and describe it in detail:

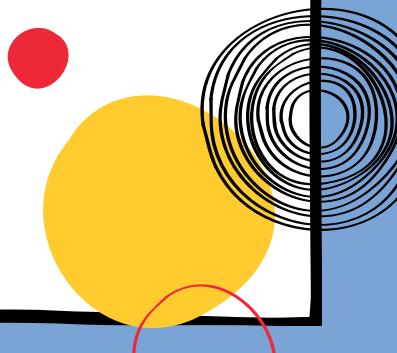
Students will articulate a specific wish related to improving the world, whether it's about helping others, protecting nature, or spreading happiness.

I can explain how being brave made me feel:

Students will explore how bravery affected their emotions and self-confidence during that time.

I can think about how I can encourage others to be brave:

Students will identify ways to support and inspire others to act with courage and face challenges.



What Makes Me Brave?

Grade Three & Four



Objective:

Help students reflect on courage and resilience, fostering self-awareness and understanding of how bravery helps them grow.

Materials Needed:

- Paper or journal for writing.
- Pen or pencil.

Setup:

- Provide students with a worksheet or a blank sheet of paper to write their responses.
- Introduce the concept of bravery, sharing some examples (e.g., standing up for someone, trying something new, overcoming a fear).
- Encourage students to think about what bravery means to them and how they have experienced it.

Instructions:

1. Write About a Time You Felt Brave:

Think about a time when you did something brave. It could be when you faced a fear, helped someone, or tried something new. Write about what happened and how you felt during that experience. For example:

- Did you feel nervous at first?
- How did you find the courage to act?
- What was the result?

2. Explain How It Made You Feel:

After describing the situation, explain how being brave made you feel. Did it make you feel stronger, proud, or more confident? How did facing the challenge help you grow?

3. Answer the Reflection Prompt:

Reflect on how bravery helps you grow. Think about how doing brave things, even small ones, helps you develop new skills or become more confident.

Then, think about how you can help others be brave. Maybe it's offering encouragement, being a good listener, or sharing your own brave experiences.

Reflection Prompt:

- How does being brave help you grow?
- How can you encourage others to be brave?



What Makes Me Brave?

Grade Three & Four



Closing the Activity:

- Once students have written their reflections, ask them to share their moments of bravery with a partner or small group, if they feel comfortable.
- Encourage students to think about ways they can support each other in being brave, such as cheering each other on during challenging tasks.
- Reinforce the idea that bravery comes in all shapes and sizes, and even small acts of courage can lead to big personal growth.

Variations:

- Group Activity:** In a group setting, students can share their brave moments and discuss how they overcame challenges together, providing mutual support.
- Family Edition:** Students can share their reflections with their families and ask them to share moments when they have been brave, promoting family discussions on courage and resilience.
- Role Model Exploration:** Have students think about someone they admire for their bravery (e.g., a historical figure, a family member, or a public figure). Ask them to write about how this person showed bravery and how they can apply similar qualities in their own lives.

Additional Notes:

This activity helps build self-awareness by encouraging students to reflect on their personal courage and recognise how bravery can lead to growth. It also promotes empathy by helping students think about how they can inspire and support others in challenging situations. By connecting personal experiences with the broader concept of bravery, students learn to value resilience and encourage each other to face challenges with confidence.