

TUESDAY

#BEBRAVE



Being brave doesn't always feel like being brave. If you stretch yourself and do something that makes you feel uncomfortable, it can increase your confidence and make you feel proud. When we are brave, we can try new things, meet new people and best of all, have fun! All these things can give our mental health and wellbeing a boost. So why not try and #BeBrave today?

1.

5 Seconds

When you start to feel nervous, count slowly to 5, you can take deep breaths while you do this, then let yourself feel brave!

2.



Brave Bear

When you need a boost of bravery, try drawing a simple bear out of circles. Take a deep breath in or out as you draw each circle, start with the head, two ears, a body, arms and legs. If you don't have a pen and paper, trace the shapes on your hand with your finger!

3.

Ask Questions!

Being brave can look different for everyone, try asking questions when you don't understand something, or when you're trying to get to know someone better. Think of 3 questions or things you can say, and give it a go!



WHO?

WHAT?

WHY?

