



TUESDAY 8 SEPTEMBER 2026 *BEBRAVE

Why not try and #BeBrave today?

1. BRAVE BEAR'S FEELINGS WALK

Go on a short walk with a grown-up and talk about how different places make you feel — happy, excited, nervous, brave. Use your body to show each feeling (e.g. big brave steps, tiny shy steps). This activity supports UNCRC Article 13 – a right to express feelings and ideas. It encourages emotional literacy and confidence through movement and play.



The Wonder Woman Pose



The Performer Pose



The Superhero Pose



2.

COURAGE QUEST MAP

Draw a map of your own "Courage Quest" — include places where you've been brave (like the dentist, hospital, or first day at school). Add stars or symbols to show your bravery. This activity supports our My Health, My Rights Charter - a right to be heard and respected. It encourages reflection, storytelling and pride in personal achievements.

3.

BRAVE VOICE LETTER

Write a letter to your future self or someone you trust, describing a time you were brave — even if it was just speaking up, asking for help, or trying something new. This activity supports the EACH Charter Article 5 – a right to take part in decisions around your health. It promotes self-awareness, resilience and emotional wellbeing.

