

**I AM
BRAVE**

Because:

What is bravery?

Having the courage to do what needs to be done, no matter how big or small.

Why is it important?

Bravery helps you take on obstacles or difficult situations, which helps you become more resilient and able to be brave in the future.

How can I foster bravery?

- Check in with yourself and act on what matters to you.
- Use gratitude and resilience to overcome difficult situations.
- Do something challenging every day.
- Take care of yourself mentally and physically.