



Ep. 1: Fear and Bravery Medals

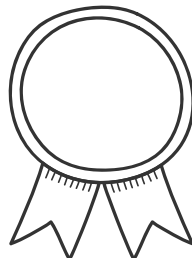
Being brave is about doing something that matters even though you feel scared.

Think of a time when you were brave. Maybe you went to an event where you didn't know anyone. Maybe you spoke up to share your thoughts or feelings when you weren't sure how others would respond. Maybe you tried a new sport or activity that you didn't know how to do or if you'd be good at it.

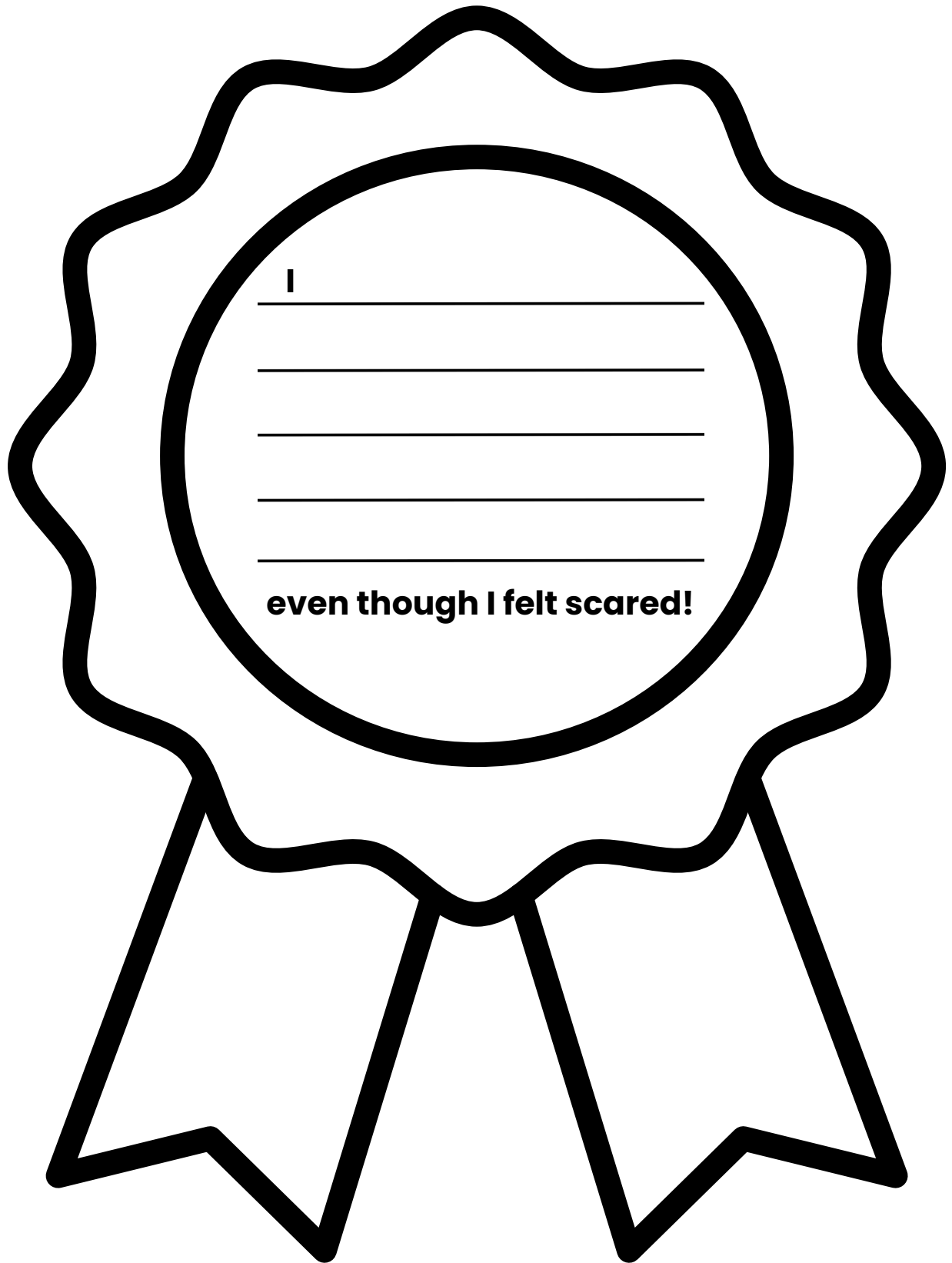
Create a medal or several medals for yourself to celebrate your acts of bravery! You can use the blank ones we've provided or make your own! In the center of the medal, write or draw what you did even though you felt scared!

When your medal is ready, feel free to email a photo of it to kidslistenmashups@gmail.com. We'll proudly share your artwork — and celebrate your courage!

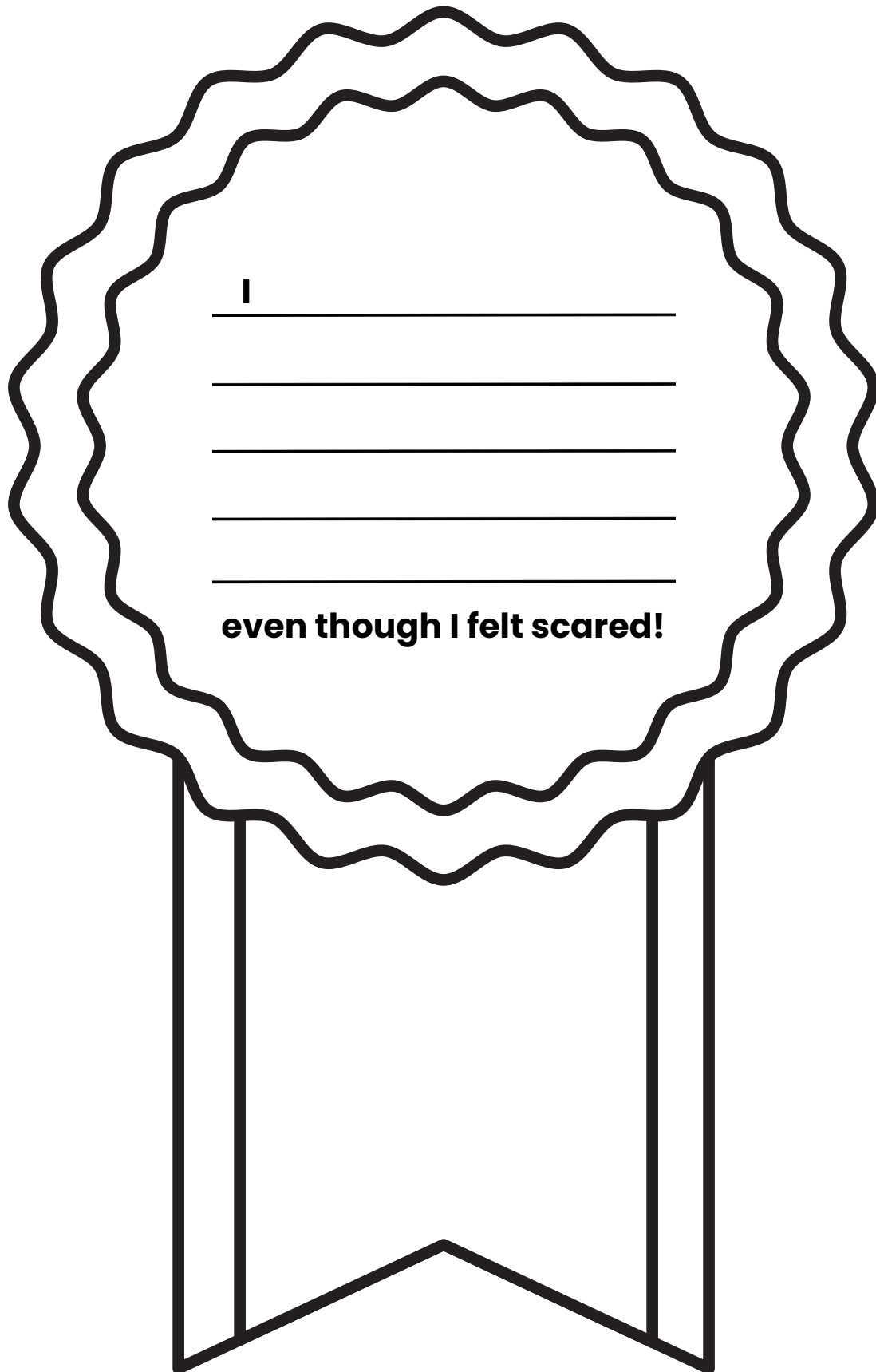
BONUS QUESTION: Why is it important to do things that are scary (but not dangerous)? (Hint: What does doing brave things help you do/learn?)



BRAVERY MEDAL



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