

Use any of the following resources to support your **FIND YOUR BRAVE** assembly or group activities, or use your own. Teachers, parents and youth groups should view these clips in advance to determine if they are appropriate for their sessions.

VIDEOS

Place2Be in association with BAFTA Kids is compiling a range of **FIND YOUR BRAVE** video clips which you can use during Children's Mental Health Week and beyond. We asked children, head teachers and celebrities one big question. How do you **#FINDYOURBRAVE**?
[WATCH THIS SPACE](#)

Firework - Video clip/song by Katy Perry
<https://www.youtube.com/watch?v=QGJuMBdaqIw>

This is Me, The Greatest Showman rehearsal – clip of Keala Settle
The Greatest Showman star reveals her vulnerability and **FINDS HER BRAVE** during rehearsal for song *This is Me*
https://www.youtube.com/watch?v=XLFEvHWD_NE

Clips from Harry Potter showing Harry or other characters facing their fears

There are more important things: friendship and bravery...
<https://www.youtube.com/watch?v=AkqzWOJePyU>

Roar:
<https://www.youtube.com/watch?v=600K8TaLyUU>

Heart of courage
<https://www.youtube.com/watch?v=0FvniSt7Scs>

Joseph Wang: The Power of Bravery
 (1.09 mins – 3.28 mins)
 Ten-year-old talks about **FINDING HIS BRAVE** after moving to the UK from China
<https://www.youtube.com/watch?v=3LZTeQ5ngCE>

SU2C
 This year's Stand up to Cancer campaign has been following a group of celebrities and sportspeople who have **FOUND THEIR BRAVE** by learning to swim to take part in a fundraising relay swim across the channel
<https://www.channel4.com/press/news/celebrity-line-revealed-channel-4-and-stand-cancers-sink-or-swim-wt>

The Wolf's Colourful Coat – book written and read by Avril McDonald
<https://www.youtube.com/watch?v=Z2593x-H3xQ>

Wolfgang can't wait for it to get cold enough for him to wear his brand new colourful coat but when the time finally arrives, some nasty creatures make fun of it. Wolfgang feels upset and is afraid that they will hurt him again, so he hides away in the tree house. Spider encourages Wolfgang to tell someone he trusts about how he is feeling and he learns that things aren't always as they seem. Sometimes we get hurt by others and we have to be brave enough to continue to be ourselves and to keep our hearts open. There can be some lovely surprises for us when we do!

PICTURE BOOKS FOR INFANTS

The Wolf's Colourful Coat – Avril McDonald
 (for 4-7 year olds)
[View book](#)

What was I scared of? – Dr Seuss
[View book](#)

A delightfully imaginative, rhyming tale about a pair of spooky green pants that haunts the narrator wherever he goes. (It's one of the short stories from *The Sneetches* and other stories). Eventually, the frightened protagonist realizes the pants are just as afraid of him! The story teaches that sometimes we're simply afraid of what is different or unknown, and many things aren't so scary once you're a little more familiar with them.

Be Brave Little Penguin – Giles Andreae
[View book](#)

Little Penguin PipPip would love to join in with all his friends swimming in the sea, but there's just one problem: he's scared of water. Can PipPip overcome his fears and finally take the plunge? This irresistible story shows that sometimes all it takes is a little bit of encouragement and a whole lot of heart to finally make that leap and be brave!

The Lion Inside – Rachel Bright
[View book](#)

A bestselling story about confidence, self-esteem, and a shy little mouse who sets out on a journey to find his roar. Fed up with being ignored by the other animals, Mouse wishes he could roar like Lion. But, as he discovers, even the biggest, bossiest people are scared sometimes ... and even the smallest creatures can have the heart of a lion!

BOOKS FOR JUNIORS

The Huge Bag of Worries – Virginia Ironside
[View book](#)

Mind your head – Juno Dawson
[View book](#)

Blame my brain – Nicola Morgan
[View book](#)

Wonder – RJ Palacio
[View book](#)

The Rollercoaster series – Paula Nagel
[View book](#)

Badger's parting gifts – Susan Varley
[View book](#)

Place2Be Children's Mental Health Week – previous year's resources

Themes from previous years' Children's Mental Health Week – eg, kindness, resilience may come up while exploring the subject of bravery. You can access previous years' resources at <https://www.childrensmentalhealthweek.org.uk>

PRIMARY-AGE GROUP ACTIVITIES | FIND YOUR BRAVE



These activities for whole class or group work will help primary-age children to understand and explore the **FIND YOUR BRAVE** theme. Use any of the [primary-age resources](#) provided, as appropriate, to support them. To differentiate or extend the content, refer to our [secondary-age group activities](#).

Content warning: As with all activities, be aware of any children that might be particularly vulnerable and adapt these ideas to suit your group. Be alert for disclosures and always follow your safeguarding policy and procedures. Make sure you know where to refer children to for support if they need it.

	BRAVERY IN STORIES	IT'S BRAVE TO TRY SOMETHING NEW	A DISPLAY OF EVERYDAY BRAVERY
INFANTS	<p>Read a picture book about bravery. Ask questions and discuss key ideas with the children</p> <ul style="list-style-type: none"> What was brave about what the character in the story did? How do you think he or she felt when they needed to be brave? Can you share with the class all the brave things you've already done in your lives? Who thinks it's brave to ask for help if you need it and why? (Remind them who they can talk to). 	<p>In a circle, ask the children to talk about one brave thing they are going to try. Stress that it doesn't need to be something big. We all take small brave steps every day when we try something new for the first time, or do something we find tricky.</p>	<p>Make a 'WHAT MAKES US BRAVE' display – pictures and stories of the class doing everyday brave things.</p>
	FACING FEARS	DESIGN A BRAVE CARTOON CHARACTER	THIS IS ME – THE GREATEST SHOWMAN
JUNIORS	<p>Show a couple of clips from films (eg <i>Harry Potter</i>) that show characters facing their fears. Ask questions and discuss:</p> <ul style="list-style-type: none"> What was brave about what the character in the story did? How do you think he or she felt when they needed to be brave? Can you share with the class all the brave things you've already done in your lives? Who thinks it's brave to ask for help if you need it and why? (Remind them who they can talk to). 	<p>Ask the group to come up with a range of definitions and examples of being brave. (Make sure the list includes asking for and accepting help). Ask them to draw or make their own brave cartoon character adding the qualities it will have, the things that will help it to be brave and a motto.</p>	<p>Play the song or video clip <i>This is me</i> from <i>The Greatest Showman</i>. Discuss what the song is about and how being our true selves is sometimes the bravest thing we can do. Ask the children anonymously to fill out two cards. (1) One thing I am good at or enjoy and (2) One thing I find really difficult. Look for similarities in the things children find difficult and talk about how normal that is. Maybe share with them something you find difficult and how you've FOUND YOUR BRAVE to try to deal with it, or collect a few examples from staff/colleagues to share. Stress that just like children, adults find things difficult and have to FIND THEIR BRAVE everyday, to help them do things they are scared of, don't like or find hard.</p>

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VIDEOS | SONGS

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Firework – Video clip/song by Katy Perry
<https://www.youtube.com/watch?v=QGJuMBdaqlw>

This is Me – The Greatest Showman – clip from film –
<https://www.youtube.com/watch?v=CjxugyZCfuw>

This is Me – The Greatest Showman rehearsal – clip of Keala Settle
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Heart of courage
<https://www.youtube.com/watch?v=0FvujSt7Scs>

Malala Yousefzai – Interview with NDTV
https://www.youtube.com/watch?v=4_4CvHxDykk

Malala Yousafzai interview with Whoopi Goldberg on courage and her new book
<https://www.youtube.com/watch?v=jB-ZC6PfA-k>

Malala Yousafzai interview with Oprah talking about the dangers of choosing fear over courage
<http://www.oprah.com/own-super-soul-sunday/malala-yousafzai-on-the-dangers-of-choosing-fear-over-courage-video>

SU2C

This year's **Stand up to Cancer campaign** has been following a group of celebrities and sportspeople who have **FOUND THEIR BRAVE** by learning to swim to take part in a fundraising relay swim across the channel
<https://www.channel4.com/press/news/celebrity-line-revealed-channel-4-and-stand-cancers-sink-or-swim-wt>

Stormzy opens up about depression – useful for exploring the link between bravery and mental health
<https://www.facebook.com/Channel4/videos/stormzy-opens-up-about-depression/10154610528046939/>

Gareth Thomas (ex-Rugby Lion) revealed recently that he is living with HIV – could be useful for discussions about being brave when confronting stigma and discrimination
<https://www.youtube.com/watch?v=eJBY1ON5sYE>

A young US college athlete talks about the bravery of speaking out about her mental health issues
<https://www.youtube.com/watch?v=Sdk7pLpblls>

NEWS ARTICLE

Cricketer Jonathan Trott's brave decision to leave England's tour of Australia following mental health issues – useful for exploring the link between bravery and mental health
<https://www.scotsman.com/sport/cricket/trott-shows-bravery-in-revealing-mental-illness-1-3208534>

Schoolboy Harry Uglow was the youngest person to row solo across the channel in 2012
<https://www.bbc.co.uk/news/uk-england-hampshire-19317004>

Paralympian Andy Lewis talking about his achievements and challenges
<http://www.andyilewis.co.uk/>

SOCIAL MEDIA

Instagram post about bravery from motivational speaker Jay Shetty
<https://www.instagram.com/p/Bvo3DSnhMO5/?hl=en>

BOOKS

***The Hate U Give* by Angie Thomas (2017)**

Suitable for older young people.

Winner of the Waterstones Children's Book Prize 2018, the CILIP Carnegie Amnesty Honour and joint winner of the Children's category of the British Book Awards.

Starr and her childhood friend Khalil get pulled over by police who end up shooting Khalil after apparently mistaking the boy's hairbrush for a gun. Starr is the only witness and has to decide whether to use her voice to try to fight for justice. *The Hate U Give* is named by many critics as one of the most important books of 2017.

NB: Be aware that there is strong language, though it is completely within context and appropriate for the nature of the book.

***Wonder* by RJ Palacio**

Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go. Born with a facial difference, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

***I Am Thunder* – Muhammed Khan**

I Am Thunder is the Branford Boase award-winning debut novel which questions how far you'll go to stand up for what you believe. Fifteen-year-old Muzna Saleem is used to being invisible. So no one is more surprised than her when Arif Malik, the hottest boy in school, takes a sudden interest. But Arif is hiding a terrible secret and, as they begin to follow a dark path, Muzna faces an impossible choice: keep quiet and betray her beliefs, or speak out and betray her heart.

Place2Be Children's Mental Health Week – previous years' resources

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SECONDARY-AGE GROUP ACTIVITIES | FIND YOUR BRAVE



These activities for whole class or group work will help young people to understand and explore the **FIND YOUR BRAVE** theme. Use any of the *secondary-age resources* listed, as appropriate, to support them. To differentiate or simplify the content, refer to our *primary-age group activities*.

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	WHAT IS BRAVERY?	FACING VULNERABILITY TO FIND YOUR BRAVE	WHAT GETS IN THE WAY OF BRAVERY?
MAIN ACTIVITIES	<p>Collect a range of quotations about, or photos depicting, bravery in its widest sense and stick them up around the room. Let them wander around until they find a quotation or image that 'speaks' to them. Ask them to share how it relates to bravery and why they identify with it? Can they share something they've done where they had to FIND THEIR BRAVE?</p>	<p>We all need to live with a certain amount of fear. FINDING YOUR BRAVE can help you face your fears. This activity explores the helpful things we can do if we feel vulnerable when FINDING OUR BRAVE. Using whatever resources you have available, make a bravery collage that focusses on the different ways you can FIND YOUR BRAVE (eg share worries, seek help, don't battle on alone, give things a go, consider risks to make a sensible choice etc).</p>	<p>Bravery is about acknowledging that life can be uncertain and frightening. Sometimes we have to feel the fear and do it anyway - by taking sensible risks. Unhelpful thoughts can get in the way of FINDING YOUR BRAVE. In a group, ask them to list the kinds of things that might stand in the way. (I'd like to...but, I want to...but, I don't like it when... but). Ask them to rewrite each of the statements by turning them into something more positive.</p>
	EVERYDAY BRAVERY – WRITE AN ACROSTIC POEM	WHAT DOES BRAVERY MEAN TO YOU? – CONDUCTING INTERVIEWS	OVERCOMING CHALLENGES – RESEARCH ACTIVITY
EXTENSION ACTIVITIES	<p>Give some examples of individuals from history, literature, politics, sport, media or film who may have done something young people would consider brave. Talk about how bravery is often not about huge acts of courage. In small groups, write down examples of <u>everyday bravery</u> to share with the large group. Ask them to make a list of nouns and adjectives related to everyday bravery and use it to write an acrostic poem - where the first letters of each line spell a word or message.</p>	<p>Young people learn about bravery from those around them, particularly adults. Being able to FIND YOUR BRAVE can help to promote wellbeing and satisfaction in life. This activity will help young people understand that this applies at all ages and life stages, and is a lifelong skill. Ask young people to interview a range of school staff, their friends and family about their fears, what bravery means to them and for examples when they have had to FIND THEIR BRAVE. Film the interviews or write an article for the school website or newsletter.</p>	<p>Bravery might come in the form of dealing with or overcoming physical or mental challenges. Ask young people to think about people in the public eye that have faced or overcome challenges or obstacles. Ask them to research news articles and stories that show how these people FOUND THEIR BRAVE.</p>