



BRAVERY
IS A
SUPERPOWER

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Words in **bold** are in the glossary.

Bravery Matters

When was the last time you were brave?
Did you face your fear of swimming? Maybe
you went to summer camp for the first time.
How did it feel to be brave?



A photograph of three children playing a game of tag in a forest. A boy in a red and blue plaid shirt and blue jeans is in the foreground, leaning forward and holding a red rope. Behind him, a girl in a pink shirt and blue overalls is also holding the rope. In the background, a man in a plaid shirt is holding the rope. The children are all smiling and appear to be having fun. The forest has many trees and the ground is covered in dirt and leaves.

Bravery means doing hard things, even when you are scared. It means doing the right thing, even though it is hard to do.

Bravery is a **superpower**. When you do hard things, you learn to believe in yourself. This gives you **confidence**. You make good choices, even though you are afraid. Trying new activities helps you learn and grow.





Sometimes people are not brave. They might feel fear or **anxiety**. They might not stand up for what is right. They might worry people will tease them. They might be afraid to make a **mistake**.

It is okay to feel scared. Sometimes fear can keep us from trying fun, new things. Other times fear can keep us safe. We might be scared of something because it is dangerous. We do not want to be unsafe. We want to make smart choices.



Bravery at Home

You can be brave at home. Is your dad making a new meal for supper? Eat a few bites. You might really like it!





Do you have a new neighbor? You can be brave, even if you feel **shy**. Think about a time you were brave. Remember that you can do hard things! Say hi to your neighbor. Bring them some treats. They might become your friend!