

Use any of the following resources to support your **FIND YOUR BRAVE** assembly or group activities, or use your own.

## VIDEOS | SONGS

**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=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  
*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](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=AkqzW0JePyU>

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

*Heart of courage*  
<https://www.youtube.com/watch?v=0FvjSt7Scs>

**Malala Yousefzai – Interview with NDTV**  
[https://www.youtube.com/watch?v=4\\_4CvHxDykk](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**

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

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## QUOTES ABOUT BRAVERY:

"COURAGE DOES NOT ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, I WILL TRY AGAIN TOMORROW."  
- Mary Anne Radmacher

"YOU MAY NOT ALWAYS HAVE A COMFORTABLE LIFE AND YOU WILL NOT ALWAYS BE ABLE TO SOLVE ALL OF THE WORLD'S PROBLEMS AT ONCE BUT DON'T EVER UNDERESTIMATE THE IMPORTANCE YOU CAN HAVE BECAUSE HISTORY HAS SHOWN US THAT COURAGE CAN BE CONTAGIOUS AND HOPE CAN TAKE ON A LIFE OF ITS OWN."  
- Michelle Obama

"YOU CAN'T BE BRAVE IF YOU'VE ONLY HAD WONDERFUL THINGS HAPPEN TO YOU."  
- Mary Tyler Moore

"COURAGE IS NOT THE TOWERING OAK THAT SEES STORMS COME AND GO; IT IS THE FRAGILE BLOSSOM THAT OPENS IN THE SNOW."  
- Alice Mackenzie Swaim

"I LEARNED THAT COURAGE WAS NOT THE ABSENCE OF FEAR, BUT THE TRIUMPH OVER IT. THE BRAVE MAN IS NOT HE WHO DOES NOT FEEL AFRAID, BUT HE WHO CONQUERS THAT FEAR."  
- Nelson Mandela