

Use any of the following resources to support your **FIND YOUR BRAVE** assembly or group activities, or use your own. For older primary children, some of the resources in the [secondary-age resources list](#) may be suitable but please check them for suitability first.

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>