

FIND YOUR BRAVE

#ChildrensMentalHealthWeek

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3 - 9 FEBRUARY 2020

Bravery comes in all shapes and sizes and is different for everyone. Life is all about taking small brave steps every day. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices.

When you **FIND YOUR BRAVE**, it can help you feel good about yourself and more confident to face future challenges. Here are some things that might help you to **FIND YOUR BRAVE**.

1. Think about something brave you've done or a difficulty you've overcome and remember the positive feeling for next time you need to **FIND YOUR BRAVE**.
2. Think of something you could do at school or a new activity you could try that might be out of your comfort zone. Challenge yourself to give it a go.
3. Remember that being brave also involves being responsible and making sensible choices; it isn't about taking unsafe risks.
4. Bravery is often associated with acts we can see but many acts of bravery are quiet and unseen.
5. Look out for examples of people **FINDING THEIR BRAVE** in the news, sport, music, your family - they might have some good ideas you could try out.
6. How do you **FIND YOUR BRAVE**? Write or draw your thoughts in the box on the right, or share them on Instagram using **#ChildrensMentalHealthWeek**.



Everyone is different, so what feels brave to one person might not feel brave to another. Being brave might mean telling someone about your worries and asking for help if you need it.

At children's mental health charity

Place2Be we want all children to think about how they look after their minds.

If you're not sure about something, you can find an adult who you trust to talk to. It could be someone in your family, a teacher, or someone else in school.