

About This Activity

This activity will help you think about doing more brave acts. Practicing being brave can help you become a braver person.

There is a wonderful thing about being brave: the more you practice being brave, the easier it gets. For example, if you are afraid to swim, the fear gets smaller each time you go for a swimming lesson. With every lesson, it gets a little easier.

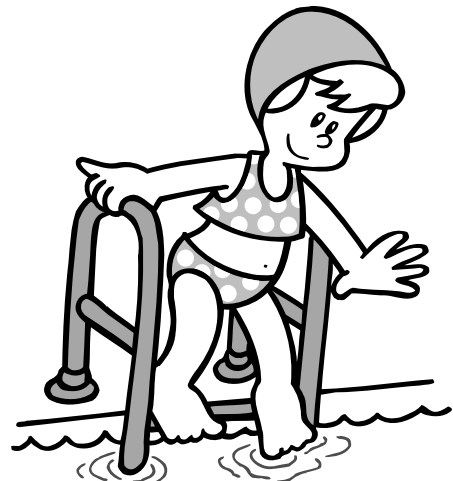
Choose a time when you will practice being brave and write your plan below.

What you will do:

When it will be: _____

Where it will be: _____

How will you be able to do the brave thing?



The Brave Acts List

Congratulations—you are turning yourself into a brave person! That’s very important, because the world needs brave people.

Once you have done the brave act you just planned, you can start a Brave Acts List. On the first line of the list, write down the brave thing you did and the date you did it. Each time you do another brave act, write it down.

Below is Fred the Turtle’s list. Even if other turtles didn’t see the brave things Fred did, he knew what he had done. And even if other people don’t notice your brave act, you will know that you have been brave. When you have finished your list, it will show you that you are turning into one of the brave people in the world. Way to go!

Fred’s Brave Acts List	
I felt afraid, but I was able to ask Uncle Walter for help.	June 16
When no one was looking, I swam up to the climbing log.	June 18
I practiced climbing on the log with my front feet.	June 20
I answered the phone in a strong voice and said, “Hello, Turtle Home. This is Fred speaking.”	June 22
I practiced balancing on the log with all four feet.	June 23
I tried to climb all the way onto the log. I fell off seven times, but I kept trying.	June 25
For the first time, I went by myself to Turtle Beach, all the way on the other side of the pond.	June 27
I went with my brothers and sisters, even though I knew they were going to meet the frogs by the climbing log.	June 28
I climbed onto the log in front of everyone. I fell off twice, but I kept trying and I made it to the top.	June 30
I invited a frog to sit on my back as I paddled around the pond.	July 2

My Brave Acts List

What I Did

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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Reward Points
5 points for reading this activity
3 points for writing about your next brave act
2 points for each item on My Brave Acts List

About This Activity

You will learn and practice an important social skill: meeting people. Practicing this activity will help you gain confidence and then you will not act shy.

The best time to meet new people is when you feel relaxed and are not in a hurry. Follow these steps to introduce yourself:

- Start by picking someone whose body language is friendly.
- Take a deep breath.
- Smile and say hi or hello.
- Ask, “What’s your name?” and remember the name.
- Now tell the person your name.
- Ask something you want to know about the person.
- After the person answers you, ask something else or tell something about you.

You just introduced yourself. Good for you!

