

Lessons with Momi

BE BRAVE, AXIS!

Try Even When It's Scary!



Did you know that sometimes you can know the answer but still be **afraid** to raise your hand?



Guess what? Even brave people feel **scared** sometimes!

Being courageous doesn't mean you're never afraid. It means **trying even when you are!**



Remember what Axis learned:

You don't have to be sure you're right to be brave!

Sometimes courage starts when your hand goes high!

YOUR TURN!

What's one thing you're **afraid** to try, but could be **brave** enough to do anyway?

_____

_____

_____

How Could I Be Brave?

- ☐ Take a deep breath.
- ☐ Remind myself that it's okay to make a mistake.
- ☐ Focus on trying, not being perfect.
- ☐ Use a positive self-talk phrase (e.g., "I can do this!").
- ☐ Give it a try!

MY COURAGE PROMISE

I will try new things, even when I feel nervous or unsure.

Signature: _____ Date: _____



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Put Courage Into Action!



1. MATCH IT!

Draw a line to match each situation with a brave action.

Afraid to raise my hand.	Take a deep breath and try!
Nervous to try something new.	Remember it's okay to be wrong.
Worried about making a mistake.	Remind myself: "Courage starts with a try!"

2. BRAVERY PLAN

Pick one thing you're afraid to try. Then complete your plan!

1. My brave try is: _____
2. I might feel:
   - ☐ nervous ☐ worried ☐ unsure
   - ☐ other: _____
3. I will be brave by: _____

3. COURAGE CHALLENGE

This week, practice being brave! Check off what you will do.

- ☐ Raise my hand at least once in class.
- ☐ Try a new activity (a game, sport, or hobby).
- ☐ Share an idea or answer, even if I'm unsure.
- ☐ Ask for help when I need it.
- ☐ Be kind to myself if I make a mistake.



THINK ABOUT IT TOGETHER!

1. What did you try this week?
2. How did it feel before, during, and after?
3. What did you learn about yourself?

MY BRAVE ACTION PROMISE

I will be brave and try new things, even when I feel a little afraid!

Signature: _____ Date: _____