

Family Connection



Bravery

Watch

Watch the [video](https://youtu.be/CTObOJ1YuNQ) together (<https://youtu.be/CTObOJ1YuNQ>).

Discuss

Use these questions to start meaningful conversations about bravery.

- Have you ever witnessed an act of bravery?
- When have you had to be brave? How did the situation turn out?

Activity

- As a family, create a saying or mantra that you can use to remind one another to be brave in challenging moments.
- Then, discuss opportunities to use this mantra to help each member of the family face their fears and conquer challenges.