



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
is proudly supported by

EVANS PROPERTIES

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Living Locally
Selling Locally

What is Bravery?

To be brave is to face your fears or challenges. It involves valuing a goal and acting upon it, whether popular or not. A central element involves *facing* – rather than *avoiding* – fears. It means feeling scared, but doing it anyway. There are three types of bravery (an individual may possess one of these or a combination):

- Physical bravery** (e.g., firefighters, police officers, soldiers)
- Psychological bravery** (e.g., facing painful aspects of oneself)
- Moral bravery** (e.g., speaking up for what's right, even if it's an unfavorable opinion to a group)



Bravery



I face challenges and difficulties despite my doubts and fears.



TRUE COURAGE
IS NOT THE
ABSENCE OF FEAR
BUT THE
WILLINGNESS
TO PROCEED
IN SPITE OF IT.

ANONYMOUS



How can I help my child to grow their strength of bravery?

- Discuss a time when you felt scared about doing something, but did it anyway.
- Encourage your child to face their fears, rather than back away from them.
- Reward small steps towards facing fears to build confidence.
- Help your child to see fear as an opportunity for growth.
- Discuss the need for some level of anxiety/fear for optimal performance.
- Acknowledge and discuss your own fears and model the ways you face them.
- Avoid eliminating all risks.
- Don't accommodate your child's every need- foster independence.
- Let your child make mistakes.

Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

School T.V Resources

Bravery – not perfection:
<https://gumdaless.eq.schooltv.me/newsletter-external-resource/teach-girls-bravery-not-perfection-reshma-saujani>

Being brave is also being vulnerable:
<https://gumdaless.eq.schooltv.me/newsletter-external-resource/why-im-done-trying-be-man-enough-justin-baldoni>

Tools to help foster Bravery:



Be The Warrior Not The Worrier

