

Brave and Kind Challenge



Little choices. Big difference.

Directions: Choose one (or more!) from each section to try today or this week.
You can do it at ReaderCon or at home!



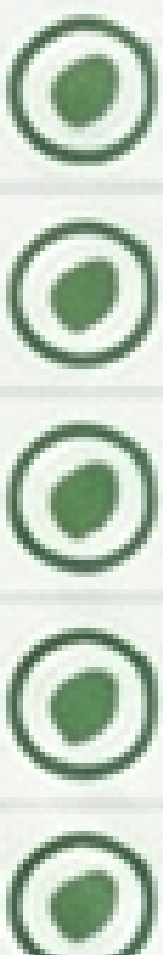
BE KIND

- ☐ Say something kind to someone.
- ☐ Ask someone how they're doing and listen.
- ☐ Cheer someone on.
- ☐ Do something helpful for someone.
- ☐ Give a hug or fist bump to someone.



FIND CALM

- ☐ Take 3 deep breaths.
- ☐ Take a quiet break.
- ☐ Notice 3 things around you.
- ☐ Do something that helps your body feel calm.
- ☐ Stretch or move your body.



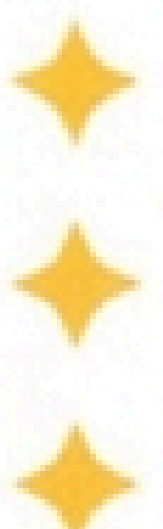
BE BRAVE

- ☐ Try something new.
- ☐ Ask for help if you need it.
- ☐ Share your idea in a group.
- ☐ Solve a problem or keep trying.
- ☐ Make a safe choice for you or someone else.



BE YOU

- ☐ Share something you love.
- ☐ Celebrate what makes you special.
- ☐ Be proud of who you are.



A NOTE FOR CARING ADULTS

Social-emotional learning grows through small, everyday choices. Use the Heart • Leaf • Shield • Be You activities to help children practice kindness, calm, courage, and self-confidence at ReaderCon or at home.

A little practice can make a big difference.

LEARN MORE & CONNECT

Brave & Kind: A Story of Care, Courage, and Calm

By: April Rodriguez Plott

Sold on Amazon