

PRIMARY-AGE GROUP ACTIVITIES | FIND YOUR BRAVE



These activities for whole class or group work will help primary-age children to understand and explore the **FIND YOUR BRAVE** theme. Use any of the [primary-age resources](#) provided, as appropriate, to support them. To differentiate or extend the content, refer to our [secondary-age group activities](#).

Content warning: As with all activities, be aware of any children that might be particularly vulnerable and adapt these ideas to suit your group. Be alert for disclosures and always follow your safeguarding policy and procedures. Make sure you know where to refer children to for support if they need it.

	BRAVERY IN STORIES	IT'S BRAVE TO TRY SOMETHING NEW	A DISPLAY OF EVERYDAY BRAVERY
INFANTS	<p>Read a picture book about bravery. Ask questions and discuss key ideas with the children</p> <ul style="list-style-type: none"> What was brave about what the character in the story did? How do you think he or she felt when they needed to be brave? Can you share with the class all the brave things you've already done in your lives? Who thinks it's brave to ask for help if you need it and why? (Remind them who they can talk to). 	<p>In a circle, ask the children to talk about one brave thing they are going to try. Stress that it doesn't need to be something big. We all take small brave steps every day when we try something new for the first time, or do something we find tricky.</p>	<p>Make a 'WHAT MAKES US BRAVE' display – pictures and stories of the class doing everyday brave things.</p>
	FACING FEARS	DESIGN A BRAVE CARTOON CHARACTER	THIS IS ME – THE GREATEST SHOWMAN
JUNIORS	<p>Show a couple of clips from films (eg <i>Harry Potter</i>) that show characters facing their fears. Ask questions and discuss:</p> <ul style="list-style-type: none"> What was brave about what the character in the story did? How do you think he or she felt when they needed to be brave? Can you share with the class all the brave things you've already done in your lives? Who thinks it's brave to ask for help if you need it and why? (Remind them who they can talk to). 	<p>Ask the group to come up with a range of definitions and examples of being brave. (Make sure the list includes asking for and accepting help). Ask them to draw or make their own brave cartoon character adding the qualities it will have, the things that will help it to be brave and a motto.</p>	<p>Play the song or video clip <i>This is me</i> from <i>The Greatest Showman</i>. Discuss what the song is about and how being our true selves is sometimes the bravest thing we can do. Ask the children anonymously to fill out two cards. (1) One thing I am good at or enjoy and (2) One thing I find really difficult. Look for similarities in the things children find difficult and talk about how normal that is. Maybe share with them something you find difficult and how you've FOUND YOUR BRAVE to try to deal with it, or collect a few examples from staff/colleagues to share. Stress that just like children, adults find things difficult and have to FIND THEIR BRAVE everyday, to help them do things they are scared of, don't like or find hard.</p>