As part of our Bounce Back program our classes are looking at the unit on courage. Courage is an important life skill that can help children become more resilient when faced with hard times. Some of the key points you may like to follow up at home are:

1. Courage means feeling frightened about doing something scary or difficult but being brave and doing it anyway.

2. Everyone has fears. When you feel scared it is because you feel unsafe. Don’t ignore unsafe feelings, tell someone you trust and they can help you work out if there is real danger.

3. Sometimes you need to be brave and face your fears e.g. standing up for a friend or perhaps trying to do something new when you are not too sure how to do it.

4. Being a hero is another kind of courage. Being foolish and taking unnecessary risks is not the same as being brave or showing courage.