

Courageous and Strong Activity Ideas

More Parental Involvement:

- 1) Suggested game with a sibling: Use a blindfold and take turns leading one another around the yard or at home.
- 2) Light a candle and talk about how scary fires can be. Have your children put their hands close enough to the flame to feel the heat. Remind your children to be careful around fire. Explain that when fire gets too much fuel, it can get out of control
- 3) If you see a bug in your house, pick it up and take it outside
- 4) Learn an instrument
- 5) Learn a new language
- 6) Go on a hike together with your family
- 7) Read a book about Courageous kids to your Daisy:
 - a) "Courage" by Bernard Waber
 - b) "Brave Irene" by William Steig.
 - c) "My Brave Year of Firsts: Tries, Sighs and High Fives by Jamie Lee Curtis
After reading the story, ask your Daisy:
 - What does it mean to be courageous?
 - Can anyone be courageous?
 - We usually think of strength in physical terms, but today we're talking about a different kind of strength. What does it mean for someone to be strong?
 - When did the character show that she was courageous and strong?
 - How do you think she felt when she acted courageously?
 - Do you think she was scared?
 - Can you be scared and courageous at the same time?
 - How can a girl your age show that she is courageous and strong?

Less Parental Involvement:

- 1) Watch a movie together as a family about being Brave and discuss how the characters were Courageous and Strong. Refer to the discussion questions below in the Reading section. Recommended suggestions:
 - a. We Bought a Zoo-Quote from the father, Benjamin Mee played by Matt Damon: “You know, sometimes all you need is 20 seconds of insane courage – just literally 20 seconds of just embarrassing bravery – and I promise you that something great will come of it.”
 - b. Brave-2012
 - c. Cinderella-2015-Favorite Line is “Have courage and be kind”.
 - d. The Secret of Nimh-1982

- 2) Create your own comic book or story book featuring a strong and courageous female character. It doesn't need to be full length, just enough pictures and words to tell the story of the character she created and what makes her courageous and strong!

- 3) Eat a food that you've never tried before

- 4) Ask your kids to share their acts of bravery:

One dad has his kids list their “brave successes” on paper strips, then staples the strips together to make “courage chains.”

A mom has her kids to share their brave deeds at dinner time.

- 5) Teach your kids how to reduce their fears:

Research finds younger children are more likely to share their fears with another child. Though you want them to be open with you, let them know it's also OK to share their worries with a friend.

- 6) Encourage positive self-talk or slow, deep breaths to find courage

Have your Daisy act out ways to be courageous and strong with her dolls or toys. Practicing through play gives her an opportunity to think about how to handle situations in a safe setting. Here are some prompts to help her get started:

What would (Doll/toy) do if her friend was being teased by other girls at school?

What would (Doll/toy) do if she got separated from her grown-up at the mall or a big store?

Sources:

https://www.girlscoutsofcolorado.org/content/dam/girlscoutsofcolorado/activity_plans/daisy/activity-plan-daisy-petal-tula-courageous-and-strong.pdf

<https://health.usnews.com/wellness/for-parents/articles/2017-05-11/9-ways-to-cultivate-courage-in-kids>