



# BRAVE



KOTOWAZA

Put your Brave in front.



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# VALENTÍA

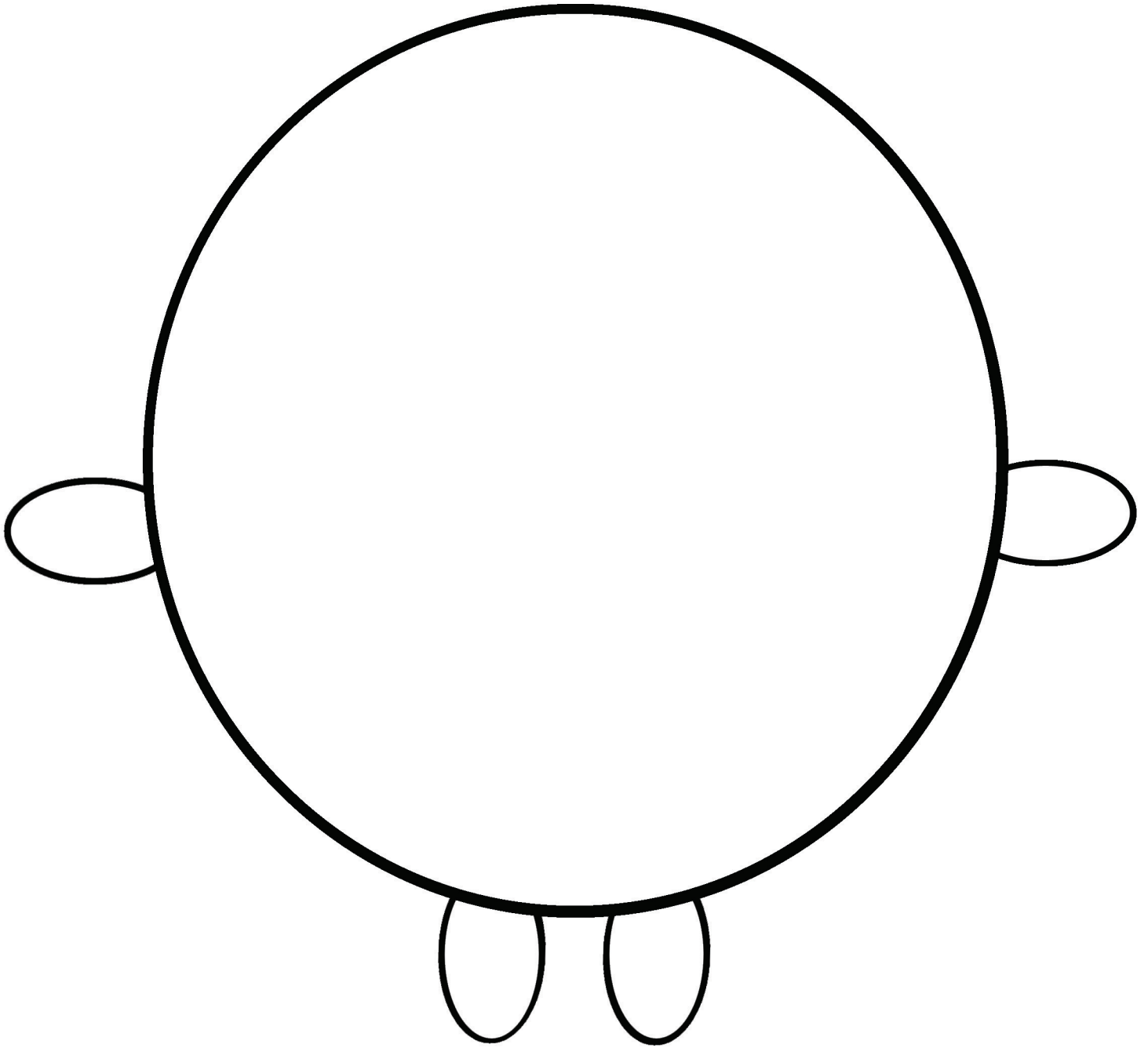


KOTOWAZA

Pon tu Valentia de primero.



**BRAVE**





## Homelink: Week 17

Theme: Brave feeling #1: Trying New Things And Sticking With Hard Things

**Why this skill is important:** Students who are brave and willing to try new things (even if they are hard or scary) tend to be more successful in school and in life. When students understand that we all can feel like beginners and make mistakes, they are learning an important life lesson! Children will understand how to show bravery when trying new things and sticking with tasks, even when they are challenging.

This week, your child learned how to be Brave even when you feel like a beginner and things are hard. School is filled with many new experiences and tasks! We all make lots of mistakes, but your child learned that it takes bravery to stick with something that is challenging or difficult. Helping your child get comfortable with making mistakes and saying positive thoughts when things don't come easily will help them be successful socially and academically. This week we talked about using Brave Talk. Brave Talk is the positive self-talk statements you say inside your brain when something is hard and you want to give up. We practiced statements like, "I can do this!" and "I've done hard things before!". Encourage your child to use the strategies they learned. Acknowledge them when you observe bravery and the ability to stick with something hard to the end. Share stories from your own life as examples of being brave and trying something new. Your child will love to hear about how you finished a tough task when you were a child!

**Kimochis® Family Challenge:** Initiate a family discussion about what it feels like to be a beginner at something or not quite as good as your peers. How do you stick with things when they are frustrating, or when you are embarrassed or angry that you haven't accomplished them yet? Invite family members to take turns sharing something that they have now accomplished and recall how many years of practice it took to learn this skill. Recognize one another's perseverance and courage as you witness these values in action!