

Courage SEPTEMBER 2025



SAY IT:

I can be brave.

KNOW IT:

FAMILY DISCUSSION TIME

- Who is someone in your life or someone in a movie that you think is brave?
- What does it look like to be brave?
- Share about a time in your life when you had to show courage. Was it easy?

SEE IT:

Take a few minutes and watch PBS Kids Talk About Bravery and Courage.

<https://www.youtube.com/watch?v=S3e0yGDRtBY>

In this episode, we see kids having conversations about times when they had to be brave. They show us that you have to be scared to be brave, but you can overcome your fears with different strategies like taking deep breaths or positive self-talk. Encourage your preschooler to engage in the game where you have to decide if something requires bravery or not.

BE IT:

Discuss different situations when it may be difficult to have courage in the face of fear. Do some role-play activities for these situations as a family. Act out how you can have courage to meet a new friend in the neighborhood, go down the slide at the playground, stand on a stage to sing a song, or go to the doctor for a check-up. Practice taking deep breaths or saying "I can do this" in the situations that feel scary. The more you practice bravery, the more familiar it will become!

PHASE

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At every age, kids need significant relationships.

The significant relationships in a child's life include parents, teachers, relatives, coaches, and spiritual leaders.

As a parent, you can encourage these relationships as a way to ensure that other trusted adults are surrounding your kids with the same messages and advice that you would.

So don't miss it. This year, this month, today is just a Phase!