

SECONDARY-AGE GROUP ACTIVITIES | FIND YOUR BRAVE



These activities for whole class or group work will help young people to understand and explore the **FIND YOUR BRAVE** theme. Use any of the *secondary-age resources* listed, as appropriate, to support them. To differentiate or simplify the content, refer to our *primary-age group activities*.

Content warning: Be aware of any young people 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 young people to for support if they need it.

	WHAT IS BRAVERY?	FACING VULNERABILITY TO FIND YOUR BRAVE	WHAT GETS IN THE WAY OF BRAVERY?
MAIN ACTIVITIES	<p>Collect a range of quotations about, or photos depicting, bravery in its widest sense and stick them up around the room. Let them wander around until they find a quotation or image that 'speaks' to them. Ask them to share how it relates to bravery and why they identify with it? Can they share something they've done where they had to FIND THEIR BRAVE?</p>	<p>We all need to live with a certain amount of fear. FINDING YOUR BRAVE can help you face your fears. This activity explores the helpful things we can do if we feel vulnerable when FINDING OUR BRAVE. Using whatever resources you have available, make a bravery collage that focusses on the different ways you can FIND YOUR BRAVE (eg share worries, seek help, don't battle on alone, give things a go, consider risks to make a sensible choice etc).</p>	<p>Bravery is about acknowledging that life can be uncertain and frightening. Sometimes we have to feel the fear and do it anyway - by taking sensible risks. Unhelpful thoughts can get in the way of FINDING YOUR BRAVE. In a group, ask them to list the kinds of things that might stand in the way. (I'd like to...but, I want to...but, I don't like it when... but). Ask them to rewrite each of the statements by turning them into something more positive.</p>
	EVERYDAY BRAVERY – WRITE AN ACROSTIC POEM	WHAT DOES BRAVERY MEAN TO YOU? – CONDUCTING INTERVIEWS	OVERCOMING CHALLENGES – RESEARCH ACTIVITY
EXTENSION ACTIVITIES	<p>Give some examples of individuals from history, literature, politics, sport, media or film who may have done something young people would consider brave. Talk about how bravery is often not about huge acts of courage. In small groups, write down examples of <u>everyday bravery</u> to share with the large group. Ask them to make a list of nouns and adjectives related to everyday bravery and use it to write an acrostic poem - where the first letters of each line spell a word or message.</p>	<p>Young people learn about bravery from those around them, particularly adults. Being able to FIND YOUR BRAVE can help to promote wellbeing and satisfaction in life. This activity will help young people understand that this applies at all ages and life stages, and is a lifelong skill. Ask young people to interview a range of school staff, their friends and family about their fears, what bravery means to them and for examples when they have had to FIND THEIR BRAVE. Film the interviews or write an article for the school website or newsletter.</p>	<p>Bravery might come in the form of dealing with or overcoming physical or mental challenges. Ask young people to think about people in the public eye that have faced or overcome challenges or obstacles. Ask them to research news articles and stories that show how these people FOUND THEIR BRAVE.</p>