

Brave, Kind, Me

*A workbook for growing confidence,
courage, and kindness toward myself*

This workbook belongs to:



"You don't have to feel brave to be brave."

A Note to Grown-Ups

Read this page before sharing the workbook with your child

This workbook is designed for children roughly ages 6–13, and the activities can be adapted up or down depending on the child's developmental level. Some pages involve writing, others involve coloring or drawing — there is no wrong way to move through it.

How to use this workbook

- There's no need to complete it in order — follow the child's interest and energy.
- Sit alongside the child rather than directing from across the table when possible.
- Let coloring pages be low-pressure — the point is calm hands, not a finished product.
- If a page brings up a hard memory (like being bullied), slow down and validate first; the goal is safety and connection, not finishing the page.
- Revisit favorite pages — repetition helps new beliefs about oneself take root.

A note on bullying

If a child is currently being bullied, this workbook supports their inner resources but does not replace reporting the behavior to a trusted adult, teacher, or school counselor. Consider pairing this workbook with a conversation about the child's specific situation and safety plan.

All About Me

Every part of you belongs here

Section 1 · Getting to Know Myself

My name is and I am years old.

My favorite color is My favorite animal is

On the weekend, I love to...

Things I am good at (check all that feel true):

- | | |
|---|---|
| ☐ Being a good friend | ☐ Drawing or making art |
| ☐ Sports or moving my body | ☐ Being funny |
| ☐ Helping others | ☐ Being curious and asking questions |
| ☐ Music, singing, or dancing | ☐ Being patient |
| ☐ Solving problems | ☐ Being kind to animals |

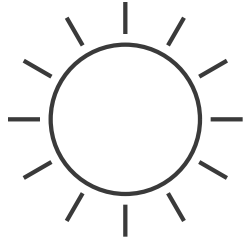
Something else I'm good at that's not on this list:

My Feelings Weather Report

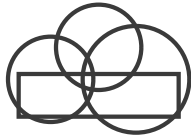
Feelings come and go, just like weather

Section 2 · Understanding My Feelings

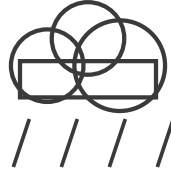
Just like the sky can be sunny, cloudy, or stormy, our feelings change throughout the day — and that's completely normal. Color in the weather that matches how you feel right now.



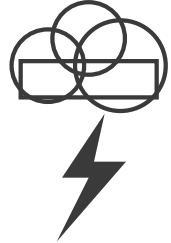
Sunny
(happy, calm)



Cloudy
(okay, a little unsure)



Rainy
(sad, disappointed)



Stormy
(angry, scared)

Right now, my weather is...

I feel this way because...

My Brave Moments Journal

Courage isn't the absence of fear — it's doing it anyway

Section 2 · Understanding My Feelings

Being brave doesn't mean never feeling scared. It means doing something even when it's hard. Write about three times you were brave — they can be big or small.

Brave moment #1

What happened?

How did I feel afterward?

Brave moment #2

What happened?

How did I feel afterward?

Brave moment #3

What happened?

How did I feel afterward?

What Makes Me, ME

Every person is one of a kind — including you

Section 1 · Getting to Know Myself

No one else in the whole world has your exact combination of thoughts, feelings, interests, and ways of seeing things. Let's celebrate that.

Three words that describe me are...

A place where I feel most myself is...

Something I've gotten better at over time is...

A small thing that makes me smile is...

One thing people might not know about me is...

When Someone Is Unkind to Me

Understanding bullying — and knowing it's not your fault

Section 3 · Facing Bullying, Building Courage

Sometimes other kids say or do unkind things — teasing, leaving someone out on purpose, or being mean over and over. This is called bullying, and it is never because something is wrong with the person it happens to.

True things to remember:

- Bullying says something about the person doing it — not about you.
- You deserve to feel safe wherever you are.
- Telling a trusted grown-up is brave, not tattling.
- Your feelings about it — sad, angry, embarrassed, scared — all make sense.

My Bully-Proof Toolkit

Tools I can reach for when someone is unkind

Section 3 · Facing Bullying, Building Courage

Check the tools you already use, or would like to try. There's no single right tool — different moments call for different ones.

- | | |
|---|---|
| ☐ Walk away and find a safe adult | ☐ Use a calm, strong voice: "Stop. I don't like that." |
| ☐ Stay near friends who are kind to me | ☐ Take a deep breath before reacting |
| ☐ Tell a teacher, parent, or counselor | ☐ Remind myself: this is about them, not me |
| ☐ Write down what happened so I remember the details | ☐ Spend time with someone who makes me feel good |

A tool of my own that isn't listed above:

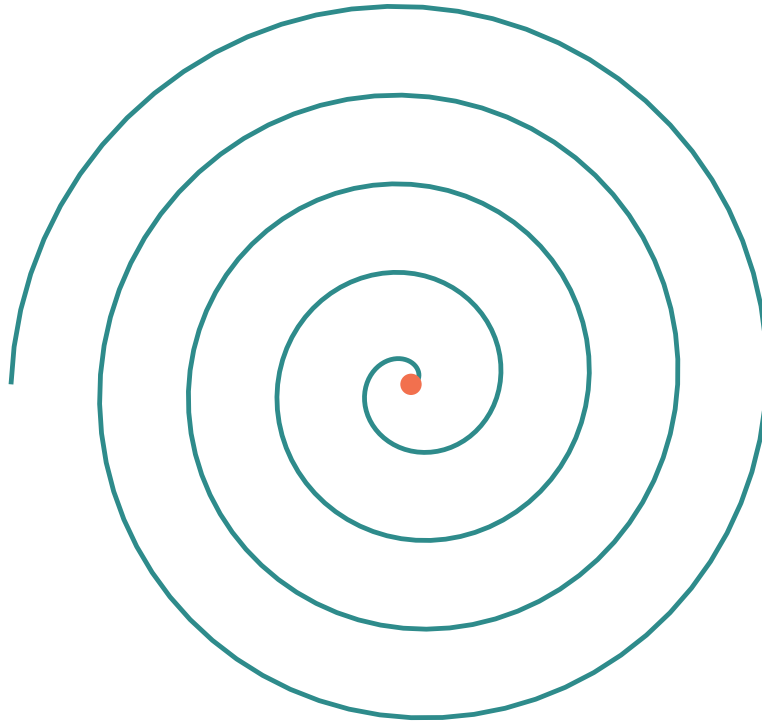
One trusted grown-up I can go to is:

Brave Breathing

When I feel big feelings, my breath can help me feel steady

Section 4 · Calm & Courage Tools

Trace the spiral slowly with your finger or a crayon, starting from the outside. Breathe in as you trace toward the middle, and breathe out as you trace back out.



start here

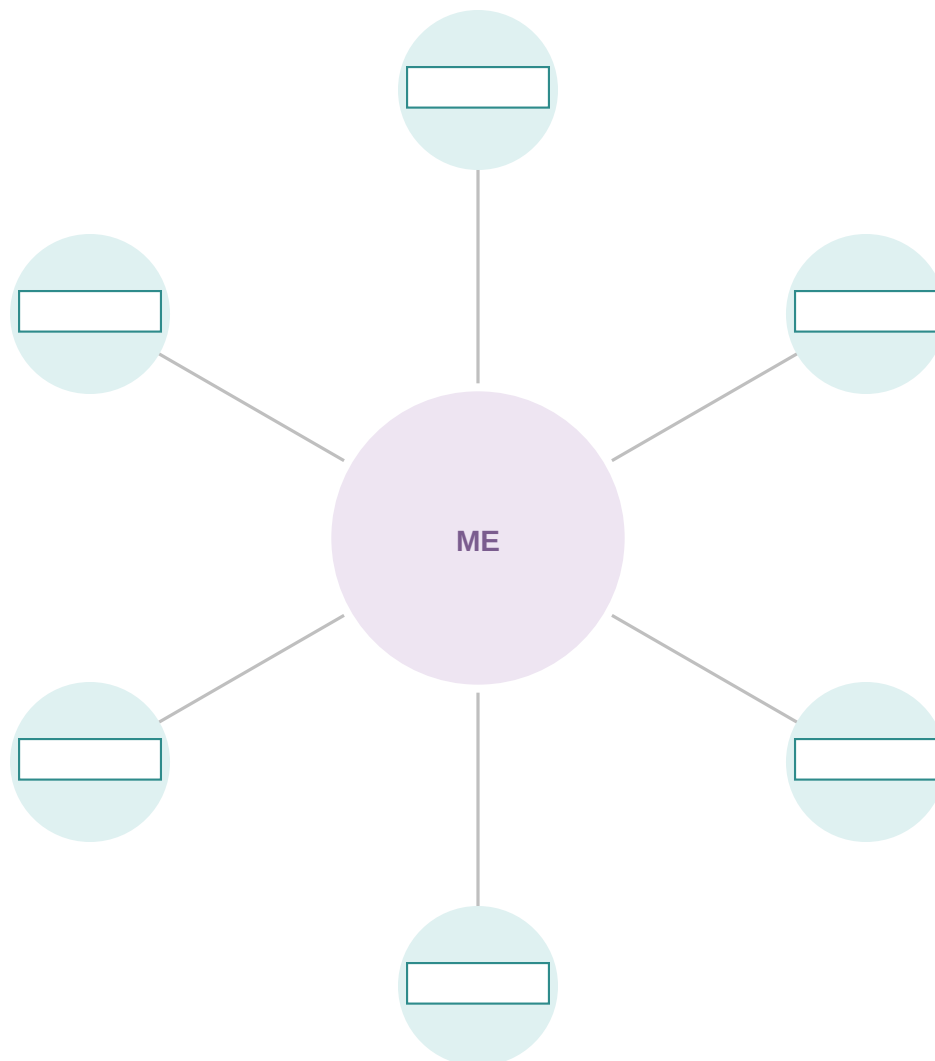
Breathe in for 4 counts · hold for 2 · breathe out for 6

My Support Squad

I don't have to face hard things alone

Section 4 · Calm & Courage Tools

Everyone needs people they can turn to. Fill in the web below with people who make you feel safe, cared for, or understood — they might be family, friends, teachers, or others.

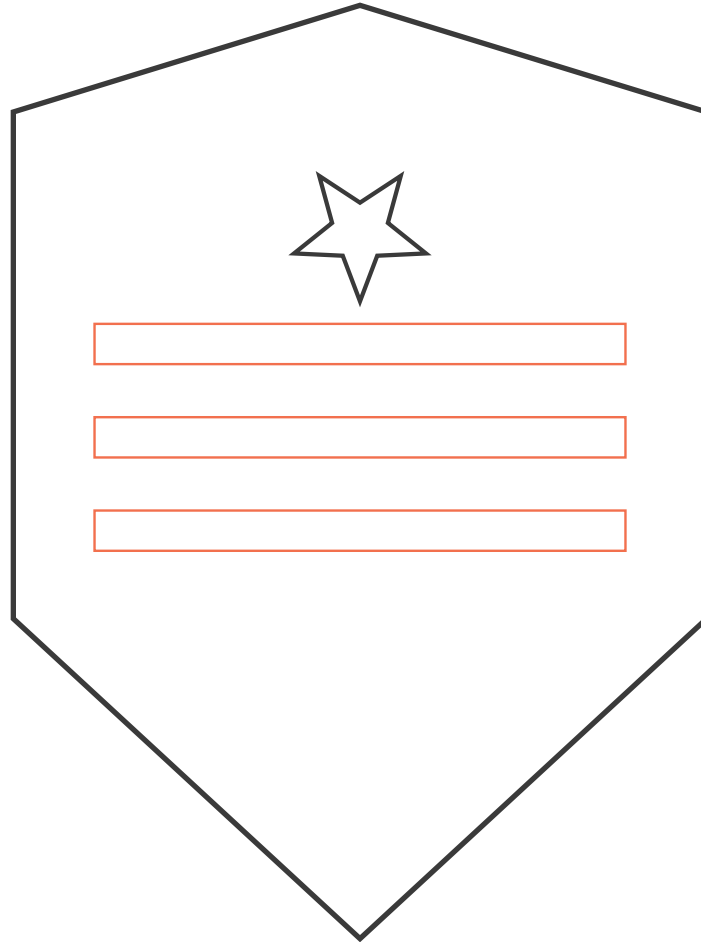


My Strength Shield

Color in your shield and fill it with your own superpowers

Section 5 · Celebrating Strengths

A shield protects and represents its owner. Decorate this one however you like, and write one personal strength on each line inside it.



"My strengths protect me, just like a shield."

Kind Words I Tell Myself

Decorate each bubble and make these words your own

Section 5 · Celebrating Strengths

I am allowed to take up space.

I can be kind to myself, even when I make mistakes.

My feelings are valid.

I get to decide who I am, not anyone else.

I am worthy of good friends.

Being brave and being scared can happen at the same time.

Growing Braver Every Day

A simple check-in to notice your own progress

Section 6 · Tracking My Growth

Each day (or whenever you'd like), check in with yourself. There's no right answer — this is just for noticing.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I felt proud of myself	☐	☐	☐	☐	☐	☐	☐
I used a coping tool	☐	☐	☐	☐	☐	☐	☐
I was kind to myself	☐	☐	☐	☐	☐	☐	☐
I spoke up for myself	☐	☐	☐	☐	☐	☐	☐

Something I'm proud of from this week:



Certificate of Courage



This certifies that

has practiced being brave, kind, and true to themselves
by completing this workbook.

I am proud of myself because...

Signed:

Date:

"Brave doesn't mean never afraid. Brave means doing it anyway."