

# **Brave Like Me**

Brave Like Me shows children how to develop  
daily confidence along with courage

By [MISS GLADYS]

# **Dedication**

Childhood exists for each person who has faced nervousness or felt small and uncertain.

The young person displayed bravery by moving ahead despite their frightened state.

Your strength exceeds your current awareness of it.

Through your existence the world has become a better place.

## **Praise for Brave Like Me**

An optional feature will be including endorsements for Brave Like Me if you wish to gather them (note: this section is optional)

The book provides young readers with a heart-oriented guide to develop emotional and social strength. An essential read for every child's bookshelf."

— [Educator, Author, GLADYS]

Brave Like Me embodies the essential literary type we require because it presents knowledge from genuine science within its gentle and valuable framework. This book delivers value both to children and their parents.

— [Child Psychologist or Parent Review]

The day-by-day development of childhood confidence and courage occurs through Brave Like Me

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# Acknowledgments

Writing this book required a sincere emotional process because it needed all the brave individuals who shared this journey with me.

The trust and backing of [people you want to thank] showed unconditional support toward the message within your selected work.

The authors want to express deep appreciation to Dr. Daniel J. Siegel and Po Bronson together with the educators and psychologists for their inspiring contributions which formed the foundation of this work.

The book came into being solely to serve and support you kids. A single step establishes the foundation of courage because of your guidance.

# **How to Use This Book**

The book targets children together with parents along with teachers and guardians who want to develop confident brave children.

The book presents itself as a combination of narratives and scientific elements with workbook sections while mainly delivering instructions about your existing inner capacities for courage and kindness as well as personal growth potential.

The book offers readers an opportunity to browse chapters specifically relevant to their needs. The toolbox containing bravery-building advice and activities and stories stretches across the entire book.

We can start this adventure by picking up our pencils while staying comfortable to embark on this first courageous journey together.

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## Introduction

# **Brave Starts Small**

A little stomach stir occurs before facing unfamiliar situations. A feeling of tension developed within your belly when you found yourself in the classroom spotlight while raising your hand or when you entered a room full of unfamiliar people. The brain signals us through a small physical sensation to verify if we feel protected in a situation. It's totally normal. Being ready for important tasks becomes evident through this physical and mental sign.

There is no requirement for absolute fearlessness for someone to be brave.

Scaredness temporarily overtakes you yet you persist because you made that choice.

The main focus of this book is to teach readers about bravery.

The process of building courage does not require loud behavior or fearlessness or being flawless.

This guide shows how developing bravery means you should try brave actions during each day.

You will encounter other children with similar experiences who struggle yet believe in themselves even when facing doubts. The process demonstrates how these children advance their confidence skills and acquire learning from failures while constantly attempting new activities.

Real courage takes form through gradual memories built from consistent daily efforts.

# **A Quick Peek Inside Your Brain**

Your brain contains an internal security system that monitors possible risks like an alert system works for protection. This is called the amygdala. It's there to protect you. Your brain sometimes activates its alarm system when you are completely safe yet doing typically mundane activities which include talking to others and attempting new things.

A major portion of your brain exists which provides cognitive clarity and problem-solving abilities while also promoting self-calming functions. Your prefrontal cortex functions as the muscle area that protects your brain. Regular practice of bravery builds up the strength of that part in the brain. It's like exercising a muscle.

Your brain grows stronger and more courageous when you engage in these three actions during stressful situations.

# **Why Brave Matters**

You most likely are wondering about the necessity of courage.

Bravery emerges in decisions which people make in their everyday lives.

One needs to express honest facts no matter the difficulty level.

You must rise against any situation where someone endures unjust treatment.

Trying again after you fail.

You should ask questions although not feeling certain about the answers.

Such choices lead to personal growth which transforms you from an average kid into a competent and tough mature individual.

## The Science of Being Brave

“Bravery isn’t about having no fear. It’s about doing the right thing, even when your knees are shaking.”

Inside your head is something incredible—your **brain**, made up of billions of tiny messengers that help you think, feel, and make decisions. But did you know your brain actually *changes and grows* every time you try something new?

Let’s meet two important parts of your brain:

- **Amygdala (ah-MIG-dah-luh):** This is like your alarm system. It tells you when to be careful, especially if something feels scary or unfamiliar.
- **Prefrontal Cortex:** This is your wise leader. It helps you pause, think, plan, and make good choices—even when your alarm is going off.

When you feel afraid—like when you’re about to perform in a school play or ride your bike without training wheels—your amygdala might shout, “*Danger! Stop!*”

But when you breathe, stay calm, and remind yourself, “*I can do this,*” your prefrontal cortex takes charge. That’s when bravery happens.

### Brain Fact

**Your brain is like a muscle.** The more you practice being brave, the stronger your brave brain becomes.

### A Real-Life Story: Jayden’s First Big Game

Jayden had never played in a soccer match before. He practiced for weeks with his team, but when the day of the game came, his stomach felt like it was full of butterflies.

He wanted to tell his coach he was sick and couldn’t play.

Then he remembered something his mom told him:

*“It’s okay to feel nervous. That just means your brain knows this is important.”*

Jayden took a deep breath. He walked onto the field.  
His heart was still pounding, but he kicked the ball, ran for it, and even passed it to a teammate who scored a goal!

Was he scared? Yes.  
But he played anyway. That's bravery.

## Try This: Build Your Brave Brain

Here's a quick activity you can do right now:

### **Brave Breath Practice:**

1. Put one hand on your heart.
2. Take a slow breath in through your nose (count to 4).
3. Hold it for 2 seconds.
4. Let it out slowly through your mouth (count to 4).
5. Repeat 3 times.

This helps calm your alarm system and wake up your wise leader.

## A Note for the Grown-Ups

Neuroscience shows us that kids can **rewire their brains** through repeated experiences. When children practice calming strategies and take small, courageous actions, they build stronger connections between the emotional and thinking parts of the brain. These early patterns lay the foundation for future confidence, decision-making, and emotional resilience.

### Remember:

- Feeling nervous doesn't mean you're not brave.
- Your brain is learning every time you try.
- The more you face challenges, the easier it gets.

Your brave brain is growing... and you're just getting started.



## Meet the Fear Monster

“Fear is not the enemy. It’s just a voice. And you don’t have to let it drive.”

### Say Hello to the Fear Monster

**H**ave you ever felt like something inside you is shouting, “*Don’t do it!*” right before you try something new? That voice might say:

- “What if I mess up?”
- “What if people laugh at me?”
- “What if I’m not good enough?”

That voice comes from a little creature we call the **Fear Monster**.

Now, don’t worry—it’s not a real monster. It lives in your brain, especially in your **amygdala** (remember that alarm system?). Its job is to keep you safe. It means well, but sometimes, it gets a little *too* loud.

#### A Real-Life Story

### Tessa’s Class Presentation

Tessa was excited about her science project—until the teacher said everyone would present in front of the class.

That’s when the Fear Monster showed up.

It whispered, “*What if you forget your words?*”

It growled, “*What if they think your project is boring?*”

Tessa felt her face get hot. Her hands got sweaty. She almost asked to go to the nurse.

But then she remembered something her dad once said:

“*The Fear Monster gets smaller the more you talk back to it.*”

So she stood up, looked at her classmates, and whispered to herself:  
“*I’ve got this.*”

And guess what? She nailed her presentation. Her friends clapped. And the Fear Monster?  
It shrank down to the size of a jelly bean.

## Your Fear Monster Decoder

Let’s break down how to spot the Fear Monster and talk back to it:

### What the Fear Monster Says

### What You Can Say Back

“You’re not good at this.”

“I’m learning, and that’s okay.”

“You’ll mess up.”

“Mistakes help me grow.”

“Everyone will laugh.”

“I care more about trying than being perfect.”

“You can’t do it.”

“I can do hard things.”

## Try This: Draw Your Fear Monster

Grab a piece of paper and some crayons or markers.

1. **Draw** what your Fear Monster looks like. Big eyes? Spiky hair? Silly tail? Make it fun!
2. **Name it.** Give it a funny or goofy name like “Worry Wiggles” or “Scaredy Steve.”
3. **Write a message** to your Fear Monster. Tell it: “Thanks for trying to protect me, but I’ve got this.”

When you *see* the Fear Monster, it starts to lose power.

When you *talk back*, you take the power back.

## A Note for the Grown-Ups

Children benefit from **externalizing fear**—giving it a character helps kids understand it without judgment. This promotes emotional regulation and makes space for metacognition (“I’m having a thought, but I am not that thought”). Tools like drawing, naming fears, and self-talk reshape neural patterns and empower kids to approach rather than avoid challenges.

## Remember:

- Everyone has a Fear Monster—it's normal.
- You can shrink it with brave thoughts.
- The more you face it, the smaller it gets.

**Brave kids don't wait for the Fear Monster to go away. They take action anyway.**

## Small Steps, Big Bravery

*“Courage isn’t a lightning bolt. It’s more like a staircase—one step at a time.”*

### One Small Step

**H**ave you ever stood at the edge of a diving board, toes curled over the edge, heart pounding? It looks like a huge leap. But the bravest part isn’t the jump—it’s that **first small step** forward.

That’s how bravery works.

**It doesn’t start with big, flashy moments.**

It starts with small, quiet ones. Like...

- Saying “hello” to a new kid at school.
- Asking a question, even when you feel shy.
- Telling the truth when it’s hard.
- Saying “I’ll try again” after falling down.

Every time you do one small brave thing, **your courage grows.**

### A Real-Life Story: Liam and the Library

Liam loved books but hated reading out loud. Whenever his teacher asked him to read, he’d shake his head and stare at the floor.

One day, his friend Mia whispered, *“You’re good at reading. Just read one sentence.”*

So Liam did.

He read one sentence, then another. By the end of the week, he read a whole paragraph. The next week, he volunteered to read first.

His classmates clapped.

That didn't happen because Liam suddenly felt fearless.  
It happened because he took **small steps**, day by day.

## What's Happening in Your Brain?

When you try something new, your brain forms a *neural pathway*—like a trail in the forest. At first, that trail is narrow and bumpy. But every time you take that step again, the trail gets smoother, clearer, and easier to follow.

That's called **neuroplasticity**—a fancy word that means your brain can change and grow with practice.

So even if bravery feels hard now, your brain is learning. And it gets easier the more you do it.

## Try This: Your Brave Steps Tracker

Start a **Bravery Journal** or use the space below to track your brave moments.

**Write down 3 small brave things you did this week.**

They don't have to be big! Just real.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

At the end of the month, look back and say, “*Wow—I’ve done a lot of brave things!*”

You'll be surprised how those small steps start to feel like big wins.

## A Note for the Grown-Ups

Children often imagine bravery as a single, defining act. Helping them recognize that **consistency builds courage** supports both self-efficacy and emotional resilience. Reinforcing small achievements with praise that focuses on effort rather than outcome (“You were brave to try!”) strengthens intrinsic motivation and positive identity formation.

## Remember:

- Brave moments don't have to be big to matter.
- One step is enough.
- Every time you try, your brain grows stronger.

**Little steps can lead to big, brave lives.**

## When You Fall, Get Back Up

*“Bravery isn’t about getting it right every time—it’s about rising every time you fall.”*

### Oops! That Didn’t Go as Planned

**H**ave you ever tripped in front of a crowd?  
Forgot your lines in a play?  
Missed the shot when the game was tied?

It stings. Your face gets hot. You feel embarrassed, disappointed—even a little mad. That’s what we call **failure**.

But here’s a secret:

**Failure isn’t the opposite of success. It’s part of success.**

Falling down is *how* we learn to get back up stronger.

### A Real-Life Story: Zoey and the Spelling Bee

Zoey had studied for weeks. She’d practiced spelling words every night with her grandma. She made it all the way to the final round of the school spelling bee.

The word was “*parliament*.”

Zoey said, “P-A-R-L-I-M-E-N-T.”

**Bzzz.** Wrong.

She stood there in silence as the next student spelled it right and won the trophy. Zoey felt crushed. Tears welled up in her eyes.

That night, her grandma gave her a hug and said,

*“Courage isn’t winning the bee—it’s signing up again next year.”*

And she did.

# What Happens in Your Brain When You Fail?

When something doesn't go the way you hoped, your brain lights up with all kinds of signals. Your **amygdala** (your alarm system) may shout, "This is awful!" And your **prefrontal cortex** might feel a little quiet at first—like your wise brain is taking a nap.

But guess what?

If you pause, breathe, and reflect—your wise brain *wakes back up*. This is when learning really kicks in.

In fact, brain science shows that **making mistakes** strengthens your brain's growth pathways. Failure literally helps your brain build new strategies.

## Try This: My Bounce-Back Plan

Let's make a plan for the next time something goes wrong:

1. **Pause and Breathe**  
Close your eyes. Take three slow breaths. This tells your brain: "We're okay."
2. **Name What Happened**  
Write it down or say it out loud:  
"I messed up during \_\_\_\_\_."
3. **Choose Your Comeback Thought**  
Pick one of these or create your own:
  - "I can learn from this."
  - "Next time, I'll try a different way."
  - "One fall doesn't define me."
4. **Take One Step Forward**  
What's one thing you can try again today?

## A Note for the Grown-Ups

Resilience develops when children are supported through failure, not shielded from it. When kids are taught that mistakes are part of the learning process, they experience setbacks as opportunities for growth. Helping children build emotional language around failure—and model healthy reflection—activates executive functioning and reduces fear-based reactions. As Dr. Siegel often says, "*Connection before correction*" *builds stronger minds and hearts*.



## Remember:

- Mistakes are part of learning.
- It's okay to feel sad or mad.
- You are not your failure—you are your **comeback**.

So if you fall, get back up.

That's not weakness. That's **real bravery**.

## Speak Up, Stand Tall

*“Your voice matters. And when you use it with kindness and courage, you change the world.”*

### Finding Your Voice

**H**ave you ever wanted to say something but felt like your words got stuck in your throat?

Maybe you wanted to:

- Tell someone to stop being mean
- Answer a question in class
- Share your idea in a group
- Say “no” when something didn’t feel right

That tight feeling in your chest or stomach? That’s your brain’s alarm system (hello again, amygdala!). It’s trying to protect you from feeling embarrassed or unsafe.

But here's the truth:

**Speaking up doesn’t make you bossy or rude. It makes you brave.**

### A Real-Life Story: Avery’s Bus Ride

Avery noticed that every morning on the bus, a group of kids would tease Jonah, a quiet boy who liked to draw dragons in his notebook. They called him names and laughed at his clothes.

At first, Avery didn’t say anything. The Fear Monster whispered, *“What if they start teasing you too?”*

But one morning, Avery took a deep breath and said,  
*“Hey, that’s not cool. Leave him alone.”*

The bus got quiet.

Then, something surprising happened—two other kids nodded. And the teasing stopped.

Avery felt her heart thump hard, but it wasn't from fear—it was from pride.

## What Speaking Up Does to Your Brain

When you speak up—even when you feel nervous—your brain is doing something amazing:

- It strengthens your **prefrontal cortex** (your thinking, decision-making center).
- It calms your **amygdala** (your alarm system).
- It releases **dopamine**, a brain chemical that makes you feel good for doing something brave.

Your brain starts to learn, *“Using my voice is safe—and powerful.”*

## Try This: Brave Voice Practice

Let's practice using your voice in different situations. Say these out loud:

- “Please stop. That’s not kind.”
- “I don’t agree, and that’s okay.”
- “I have an idea I’d like to share.”
- “No, thank you. I don’t want to do that.”
- “That hurt my feelings.”

It might feel weird at first—but the more you practice, the stronger your voice becomes.

## Brave Talk Journal Prompt

Write about a time you wanted to speak up but didn't. What stopped you?  
Now write how you could handle it next time.

Then, write one thing you **can say this week** that feels brave.

“This week, I will use my voice to \_\_\_\_\_.”

## A Note for the Grown-Ups

Helping children develop their voice begins with making space for it. Encouraging kids to speak their thoughts, set boundaries, and advocate for themselves fosters emotional intelligence and assertiveness. Using role-play or storytelling to rehearse responses builds neural readiness and self-trust. When kids see that their voice creates positive change, they internalize a sense of agency that shapes their identity for years to come.

### Remember:

- Your voice is powerful, even when it shakes.
- Speaking up takes practice—but you already have what it takes.
- Courage is not just about action. It's also about expression.

So stand tall. Speak up.

Because your voice? **It matters. A lot.**

## Brave on the Inside

*“Sometimes the strongest kind of bravery is the one no one sees.”*

### The Quiet Kind of Brave

Have you ever...

- Said sorry, even when it was hard?
- Chosen to forgive someone who hurt you?
- Admitted a mistake, even when you wanted to hide it?
- Asked for help when you felt overwhelmed?

If so, you’ve already shown one of the **most powerful kinds of courage**—the kind that happens on the *inside*.

This kind of bravery doesn’t always look big or bold.  
It looks like honesty. Vulnerability. Stillness.  
It takes a strong heart to be real with yourself.

### A Real-Life Story: Elijah’s Apology

Elijah lost his temper during a group project. He shouted at his teammate, slammed his notebook shut, and stormed off. Later, he felt that heavy feeling in his chest—the one that whispers, *“You messed up.”*

He didn’t want to talk about it. He didn’t want to say he was sorry.

But deep down, he knew what he had to do.

The next day, he walked up to his teammate and said,  
*“I’m sorry I yelled. That wasn’t okay. I want to do better.”*

It wasn’t easy. But it was brave.  
Because being brave doesn’t mean pretending you’re perfect.  
It means **owning your actions** and **growing from them**.

# What Happens Inside When You're Brave Inside

When you tell the truth about how you feel, your brain learns something powerful:

**I can handle uncomfortable emotions. I don't have to hide from them.**

This activates your **prefrontal cortex**—your thoughtful, reflective brain—and helps you:

- Stay calm under stress
- Solve problems better
- Build stronger relationships
- Feel more in control of your choices

In fact, people who practice “emotional bravery” tend to grow up with better friendships, stronger self-esteem, and more inner peace.

## Try This: Inside-Brave Journal

Here's a quiet bravery challenge for this week.

Answer these honestly in your journal or out loud:

1. **What feeling have I been avoiding?**
2. **Is there someone I need to apologize to—or forgive?**
3. **What's one brave thing I can say to myself today?**

Some examples:

- “It's okay to feel sad. I don't have to hide it.”
- “I forgive myself for that mistake.”
- “I'm proud of who I'm becoming.”

## A Note for the Grown-Ups

Teaching children emotional bravery—how to feel their feelings, take responsibility, and be authentic—builds resilience from the inside out. When adults normalize emotional honesty and model vulnerability, children learn that strength doesn't come from hiding weakness, but from facing it with compassion. This chapter supports development of the **right brain's social-emotional functions** while strengthening the **left brain's capacity for self-reflection**—a crucial part of healthy identity formation.

## Remember:

- Bravery isn't always loud.
- Sometimes the strongest thing you can do is feel what you feel.
- Being honest with yourself is one of the bravest things of all.

You don't have to shout to be brave.

Sometimes, all it takes is a whisper inside that says:

**"I choose to grow."**

## Brave for Others

*“Sometimes the bravest thing we can do is stand beside someone else.”*

### What It Means to Be Brave for Someone Else

**B**ravery doesn’t always look like saving the day. Sometimes, it looks like:

- Sitting with a friend who feels sad
- Standing up when someone is being treated unfairly
- Helping a new student feel welcome
- Listening—really listening—when someone shares something hard

When you care about others and choose to **act with kindness**, even when it’s uncomfortable, that’s not just kindness...

That’s **compassionate courage**.

### A Real-Life Story: Noor and the Lunch Table

Noor always sat with the same group at lunch. They laughed, shared snacks, and played games afterward.

One day, a new girl named Rina sat alone. Noor noticed but didn’t know what to say. What if her friends made fun of her? What if it felt awkward?

But then Noor remembered something her mom always said:

*“If you notice someone needs kindness, you’re the one to give it.”*

So Noor stood up, walked over to Rina, and said, “Want to sit with us?”

That small moment took courage—and it made a big difference.

### How Your Brain Grows When You’re Kind

When you help someone, your brain lights up in special ways:



- Your **empathy center** gets stronger—this helps you *feel* what others feel
- Your brain releases **oxytocin**, a hormone that makes you feel connected
- Your **prefrontal cortex** learns to make thoughtful, caring choices

Science shows that kids who practice compassion are not only happier, but **more confident**, too. Why? Because helping others **builds self-worth**.

## Try This: Courageous Kindness Challenge

Can you do *one brave thing* for someone else this week?

Here are a few ideas:

- Invite someone who looks left out to join you
- Stick up for a classmate in a kind, firm way
- Write a kind note to a friend, teacher, or sibling
- Ask someone, “Are you okay?”—and really listen

Afterward, write in your journal:

“This week, I was brave for someone by \_\_\_\_\_.”

And reflect:

How did it feel? What did you notice in your body or heart?

## A Note for the Grown-Ups

Children are naturally empathetic, but empathy must be nurtured into **actionable courage**. When kids see themselves as helpers and allies, their sense of purpose deepens. Encouraging compassionate bravery builds social-emotional skills, strengthens identity, and fosters a sense of belonging. Brain science shows that even small acts of kindness activate powerful neural pathways associated with resilience, trust, and well-being.

## Remember:

- Being brave for someone else doesn’t have to be big.
- Even small kindnesses can change someone’s day—or life.
- The more we care, the more we grow.

Your courage doesn't stop with you.  
**You can help others feel brave, too.**

## The Power of Yet

*"I can't do it... yet."*

### "I Can't" or "Not Yet"?

Have you ever said things like:

- "I'm not good at math."
- "I can't tie my shoes."
- "I'll never learn how to swim."
- "I'm just not the kind of kid who can do that."

It's okay. We *all* feel that way sometimes.

But here's a little magic word that can change everything:

**YET.**

Instead of:

"I can't do this."

Try saying:

"I can't do this... *yet*."

That tiny word tells your brain:

*"Keep growing. We're not done learning."*

### A Real-Life Story: Jonah's Bike

Jonah tried to ride his bike without training wheels.

He fell once. Then twice. Then five more times.

"I'm just not good at this," he said, frustrated and teary-eyed.

But his big sister knelt down and said,

*"You're not good at it yet. That's different."*

So Jonah kept trying.  
Fall. Get up. Pedal. Fall again.  
And one day, he didn't fall at all.

## What "Yet" Does to Your Brain

When you say “**yet**,” you’re training your brain to grow.

This mindset lights up your **growth pathways**—the connections in your brain that help you learn and adapt. Neuroscientists call this **neuroplasticity**: your brain’s ability to change and strengthen with practice.

Kids who believe they can improve—over time—tend to:

- Stick with challenges longer
- Feel less afraid of failure
- Celebrate progress (not just perfection)
- Build confidence through effort

It’s not just positive thinking. It’s **brain-building thinking**.

## Try This: Turn It Into a YET

Look at the “I can’t” thoughts below. Add the word “yet” and watch how they change:

- “I don’t know how to do this...” → “I don’t know how to do this *yet*.”
- “This is too hard...” → “This is too hard *for now*.”
- “I’m not brave enough...” → “I’m not brave enough *yet*.”

Now write your own:

Something I can’t do yet is: \_\_\_\_\_

But I’m willing to try because: \_\_\_\_\_

## A Note for the Grown-Ups

Children naturally experience frustration when they bump into limits. Teaching them to adopt a **growth mindset** helps reduce shame and reframe effort as a valuable part of success. “Yet” becomes a neurological cue for possibility, keeping the prefrontal cortex engaged and the

amygdala calm. This chapter draws on Carol Dweck's research and aligns with Daniel Siegel's idea of integrating emotion and cognition through self-talk, narrative, and relational safety.

## Remember:

- Not knowing *now* doesn't mean you'll never know.
- Struggle is not a stop sign. It's a stepping stone.
- Every expert started as a beginner.

So the next time you want to give up, say it out loud:

**"I can't do it... yet."**

Because every "yet" holds the seed of something *amazing*.

## Your Brave Brain

*“You already have everything you need to be brave—it's right inside your head.”*

### Meet Your Brain's Brave Team

**Y**our brain is like a **super-team** of parts that all work together. Let's meet your top three courage-builders:

#### *The Amygdala*

This is your **alarm system**.

It helps you notice danger or anything that feels scary—fast!

It's the reason your heart races when you're nervous or your face feels hot when you mess up.

It shouts: *“Watch out!”*

#### *The Prefrontal Cortex*

This is your **wise planner**.

It helps you think, pause, decide, and make smart choices.

It whispers: *“Let's think this through.”*

#### *The Hippocampus*

This is your **memory keeper**.

It remembers what you've learned—especially how you handled things before.

It says: *“You've done this before. You've got this.”*

When these three parts **work together**, you become more confident, calm, and clear-headed—even in tricky moments.

### A Real-Life Story: Sky's First Performance

Sky loved playing guitar but was terrified of performing in front of people. The night before the school talent show, she felt like her stomach was doing flips. Her amygdala shouted, *“Run!”*

But Sky remembered what her teacher said:

*“You can tell your brain what to do—not the other way around.”*

So she took deep breaths (to calm the amygdala), thought about all her practice (hippocampus), and imagined finishing strong (prefrontal cortex).

Sky went on stage, hands shaking, but her fingers knew what to do. She played her song—and the crowd clapped wildly.

## Try This: Brave Brain Reset

Next time you feel nervous, try this Brave Brain routine:

1. **Name what you feel.**  
“I feel nervous/scared/angry/confused.”
2. **Breathe like a superhero.**  
In through your nose (count to 4), out through your mouth (count to 4).
3. **Talk to your brain.**  
“Thank you, amygdala, but I’m okay. I’ve got this.”  
“Prefrontal cortex, let’s make a smart choice.”
4. **Remember your brave moment.**  
Think of a time you were brave before. What did you do? How did it feel?

This helps all your brain parts **sync up**—and makes space for courage.

## A Note for the Grown-Ups

Understanding the brain gives kids a powerful tool for managing emotion, behavior, and confidence. By naming brain functions in a playful, relatable way, children externalize their experience without shame. This approach draws from Siegel’s “upstairs brain/downstairs brain” model and supports self-regulation, emotional intelligence, and resilience. Helping kids “talk to their brain” builds a healthy inner dialogue that lasts a lifetime.

## Remember:

- Your brain is your brave teammate—not your enemy.
- You can teach it to stay calm, focused, and strong.
- Every time you face fear, your brain grows stronger.

So trust your brave brain.  
It’s learning. It’s growing.  
And it’s *on your side*.

## Bravery Every Day

*“Being brave isn’t something you are—it’s something you practice.”*

### Bravery Is a Habit

**B**ravery doesn’t always feel like a big moment with cheering crowds or shining trophies.

Most of the time, **bravery is quiet. Small. Repeating.**

It looks like:

- Getting out of bed when you feel anxious about the day
- Trying something new, even if you’re unsure
- Choosing kindness instead of staying silent
- Saying how you really feel
- Asking for help when something is too much

These everyday choices build **bravery muscles**—just like lifting weights builds strength.

### A Real-Life Story: Zahra’s Little Brave Things

Zahra used to think bravery meant doing something wild—like skydiving or fighting dragons.

But when her mom asked what her bravest moment of the week was, Zahra thought quietly and said:

- “I raised my hand in math class.”
- “I told my friend I didn’t like her joke.”
- “I went to the dentist even though I was scared.”

Her mom smiled and said,

*“Those are the exact moments where real courage lives.”*

Zahra realized that she was already brave—**every single day**.



# Your Brain Loves Practice

Every time you do something courageous, your brain creates a new pathway.  
Each brave choice makes it easier for your brain to say:

- ✓ “I’ve done something like this before.”
- ✓ “I can handle this.”
- ✓ “This is what brave feels like.”

Courage becomes not just what you do—but part of **who you are**.

## Try This: Brave Tracker

Let’s keep your courage going!

At the end of each day this week, ask yourself:

- What’s one brave thing I did today?
- How did it feel before I did it?
- How did it feel after?

Write it down. Draw it. Tell someone.  
Your brave story deserves to be seen.

“Today I was brave when I \_\_\_\_\_.”

## A Note for the Grown-Ups

Courage is not a fixed trait—it’s a daily practice rooted in brain plasticity, emotional safety, and secure relationships. Helping kids reflect on their everyday acts of bravery builds their internal narrative of strength and capability. When adults help children name, celebrate, and normalize small brave moments, they’re wiring confidence that lasts beyond childhood and shapes future identity.

## Remember:

- Bravery doesn’t have to be loud.
- You don’t have to feel fearless to be brave.

- Every time you try, you grow.

So keep showing up.

Keep trying.

Keep becoming.

Because the world needs your kind of courage.

And it starts with bravery... like **you**.

## Conclusion

# The Bravest Thing You Can Be Is Yourself

*“You are already brave, and you will keep getting braver.”*

## You’ve Already Taken the First Step

Congratulations! You’ve come so far in your brave journey.

You’ve learned that bravery doesn’t always look like big, loud moments. Sometimes it’s the quiet, everyday choices that make all the difference. Saying “no” when something doesn’t feel right, being kind to someone who needs it, and trying again when something feels hard—all of these are acts of bravery.

And remember, every time you choose bravery, your brain grows stronger. You’re building **bravery muscles** that will last you your whole life.

## A Final Story: Maya’s Everyday Bravery

Maya woke up one morning feeling nervous about her presentation at school. Her heart was racing, and her hands felt sweaty. But Maya remembered something from the book you’ve just read: *“Bravery is something you practice.”*

So she stood in front of the mirror and said:  
*“I can be brave. I’ve done it before. I can do it again.”*

When she walked into the classroom, she felt the nerves. But this time, they didn’t stop her. She shared her project—and it went well! Even if it hadn’t, she still would have been brave.

Maya learned that bravery isn’t about always getting things perfect. It’s about showing up. It’s about believing you can do something—even when you don’t know how it will turn out.

## The Power of You

As you continue growing and learning, always remember this:

- **Bravery** isn’t the absence of fear; it’s the decision to act despite it.

- **Confidence** is built through practice—not perfection.
- **Courage** grows stronger every time you choose to face something difficult.

Your brain is ready to help you through every challenge. You’ve already proven that you have everything it takes to be brave, and the best part?

The more you practice, the braver you become.

## The Bravery Challenge

You’ve learned a lot about how to be brave. Now, here’s your challenge:

- **Keep practicing bravery** every day—no matter how small.
- **Celebrate your wins** (big or small), and don’t be hard on yourself when things don’t go perfectly.
- **Share your bravery with others.** When you help someone else be brave, it makes your courage grow even stronger!

And always remember:

You are **Brave Like Me.**

## About the Author

[Your Name] is a writer, designer, and passionate advocate for helping children build their confidence and emotional resilience. With a deep love for storytelling, they aim to inspire young readers to embrace their bravery, no matter how big or small the moment.

When they're not writing, [Your Name] is busy working as a book formatting professional, creating beautiful layouts and designs that bring stories to life. They are also the author of several books dedicated to helping kids grow into their most confident, capable selves.

In their free time, [Your Name] enjoys reading, traveling, and spending time with family. They believe in the power of words to change lives and are dedicated to helping children understand the strength that lies within them.

## Call to Action

Thank you for joining me on this journey to build bravery and confidence! I hope *Brave Like Me* has inspired you to continue practicing courage every day.

Here's how you can keep growing your bravery:

- **Read:** Keep learning and growing by exploring more books about bravery and self-confidence.
- **Reflect:** Continue to write in your journal and track your brave moments. See how much you grow over time!
- **Share:** Tell a friend or family member about something brave you did today, and ask them about their brave moments, too.
- **Be Brave:** Don't stop practicing bravery. Whether it's at school, at home, or out in the world, bravery is a skill you'll keep developing forever.

Keep being brave. Keep being you.

If you want to learn more, share your stories, or stay in touch, visit [Your Website/Contact Info].