

Using Our Bravery to Grow

Thriving Learning Communities™: Think About It Thursday

Bravery involves acting and taking risks to help us grow and learn to do more than we thought we could before.

After watching one or both videos, take time to think and write about what may be holding you back right now.

- What fears do you want to overcome?
- How can you use your bravery, hope and perseverance strengths to address a difficult situation?
- Love to seek out support from someone else?
- Perspective to seek someone else's advice?
- Creativity to try a new approach to a problem?

Joseph Wang shared his story about feeling sad and unsure when he moved to a new country and had to learn a new language. He used bravery to dig deep and make new friends. Hear his story online here:

The power of bravery - Joseph Wang (7:02)
<https://www.youtube.com/watch?v=3LZTeQ5ngCE>

In the story *The Hugging Tree*, a small tree learns that it has more strength and good to offer others than many would have thought. Using the strengths of hope and perseverance along with bravery, the tree finds happiness despite its difficulties. Listen to the story online here:

The Hugging Tree - Read With Me - Story Time (5:17)
<https://www.youtube.com/watch?v=ru09pVHLX6o>



“The journey of a thousand miles begins with one step.”
– Lao Tzu