

Bravery Buddies

Thriving Learning Communities™: Family and Friends Friday

There is a famous quote by Fred Rogers that says...

When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'

When we see people helping during difficult times, they are often using the character strength of bravery. Bravery can mean doing something physical, like firefighters do. It can also mean a different kind of bravery, like speaking out when someone is doing something wrong.

Search for a book or movie you can share with family or friends that has a character who shows the strength of bravery during a difficult time or situation.

Talk together afterwards, and consider these questions:

- *What other strengths did you see along with bravery?*
- *What would you do if you were in the same position?*
- *What ways did the character(s) gather courage to use their bravery strength?*
- *What are ways you could show bravery?*
- *How can you help each other use bravery?*

We can use all our 24 strengths to thrive! Use these weekly reminders to practice spotting strengths and flexing your unique combination of character strengths!

For additional social-emotional learning activities through the lens of character strengths, visit:

<http://bit.ly/TLCathome>