

MY CUP OF Courage

Courage is a magical feeling that helps us push through fear and self-doubt to do the things that feel hard or frightening. Courage might mean being kind to the new friend, trying something new, or raising a hand and asking questions.

This fun craft will help you explore what courage means to you and think of some examples of courage in your own life.

1

Print pages 2 -6. Cut out the cups along the dotted lines. Print page 7 and cut out the sprinkles.



2

Glue each cup together by the handles. Put the title page on top. Fold each cup on the solid line like a book.



3

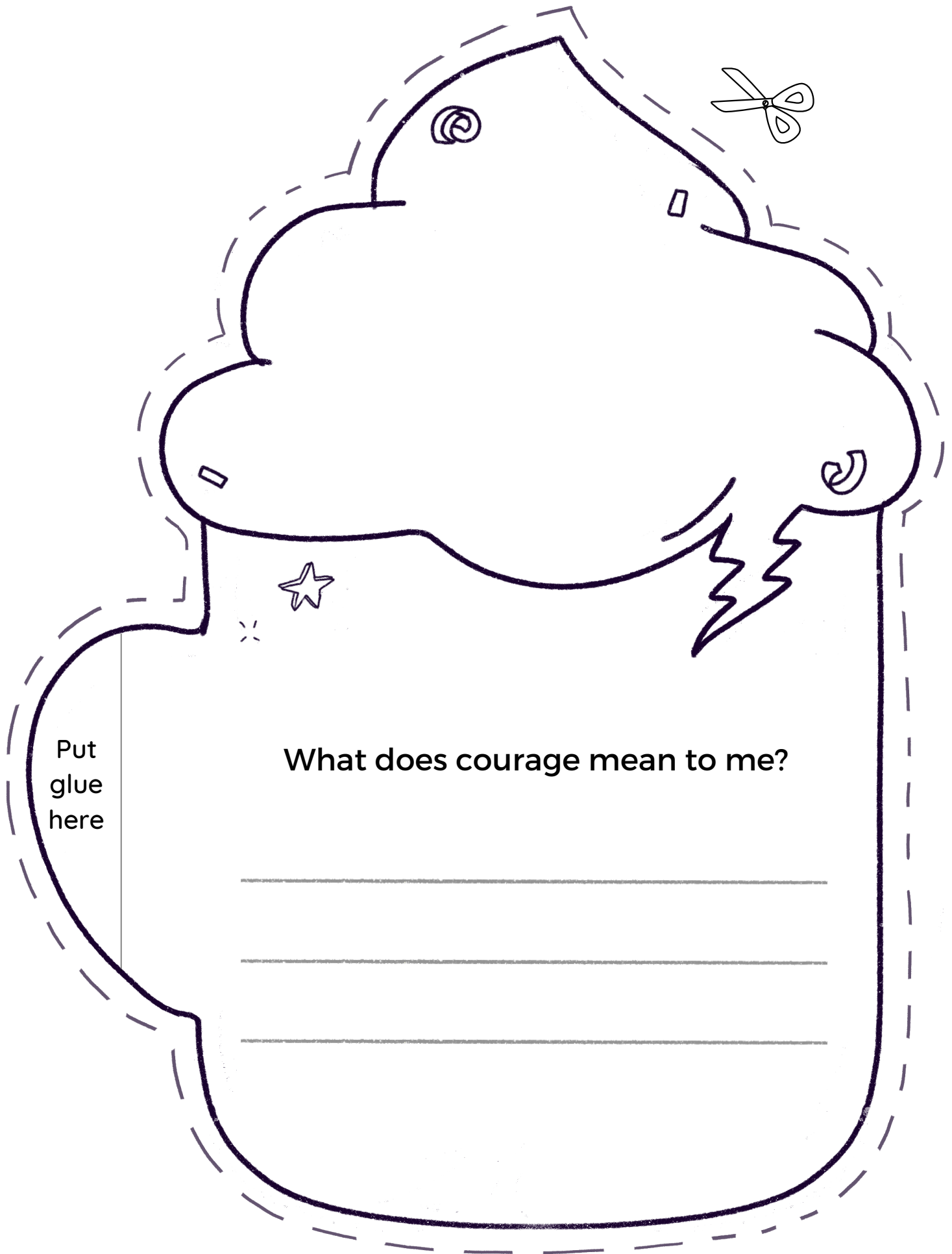
Fill out the prompts on the courage cups. Glue the sprinkles that can help you have courage on the whipped topping or write your own!

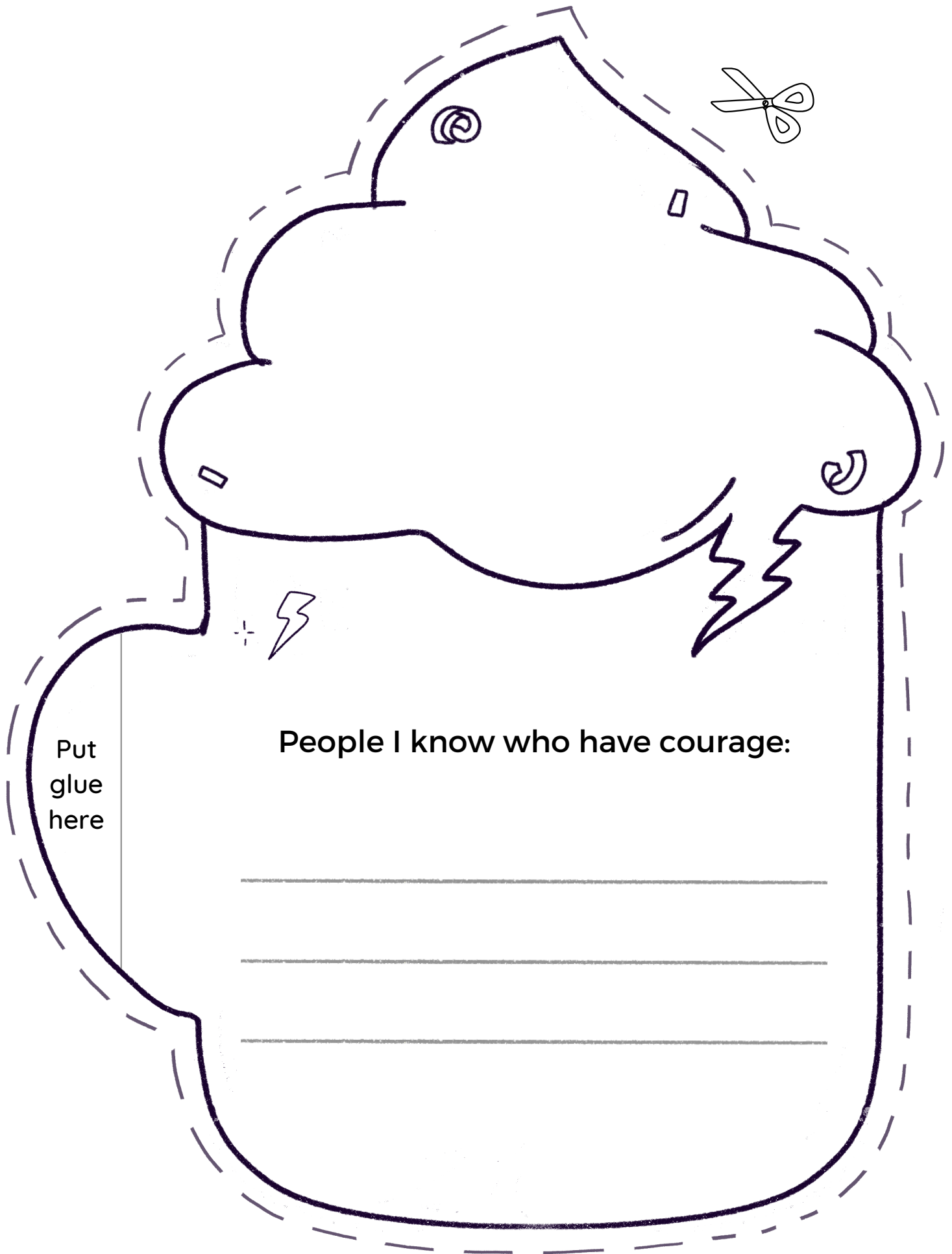


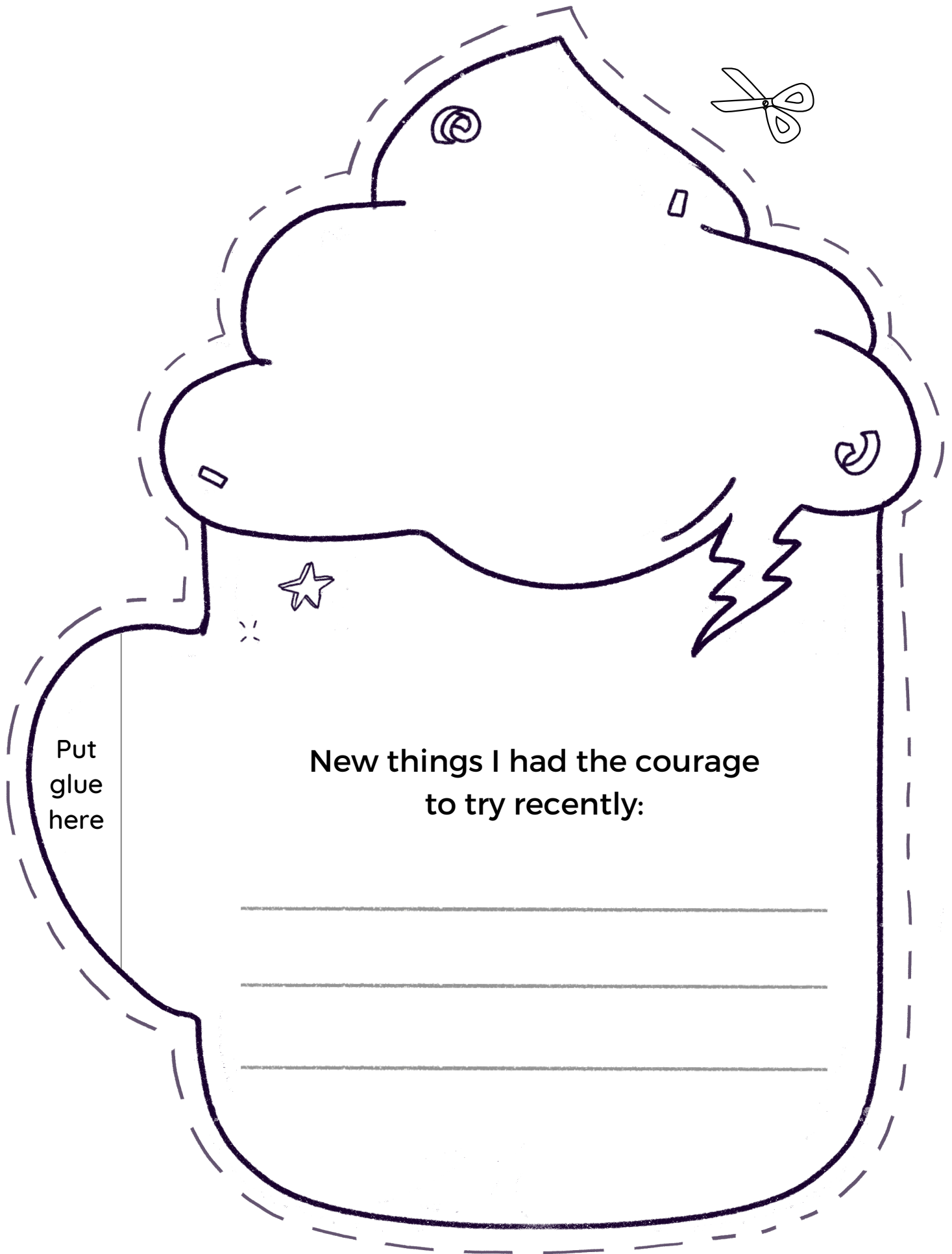
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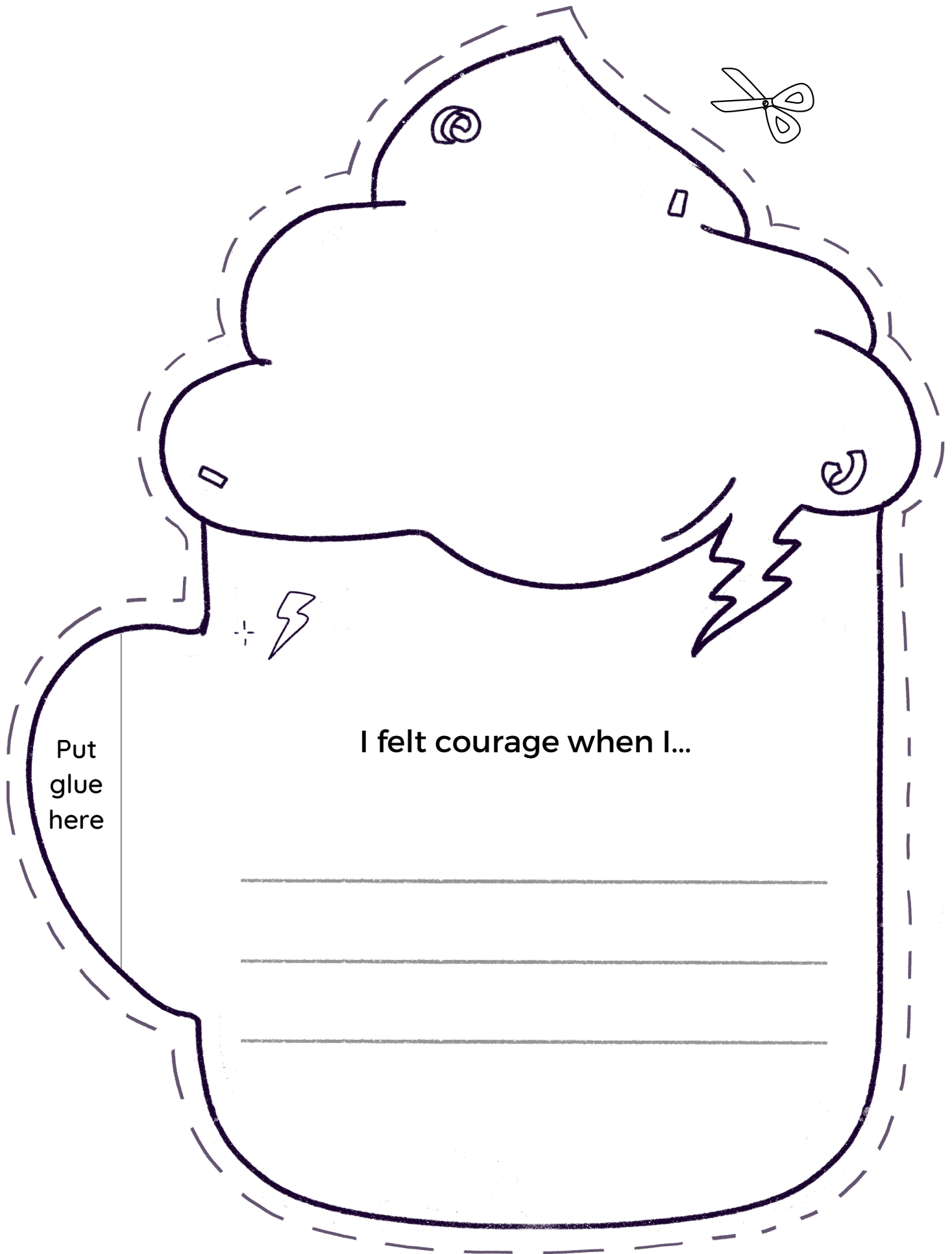







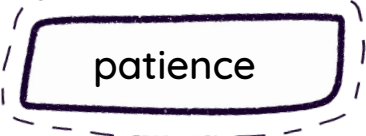






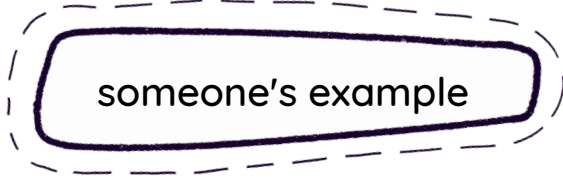


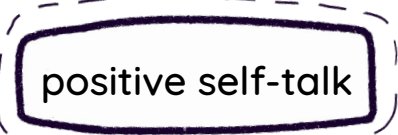
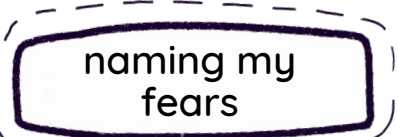


Put
glue
here

New things I had the courage
to try recently:



COURAGE SPRINKLES

In empty spaces below, write what helps you find courage. Cut out the courage sprinkles and glue them on the whipped topping of your cup.



EPISODE 58 GUIDE

IN THIS EPISODE, CHILDREN WILL

- learn strategies to help them cope with their **fears**
- understand **courage** comes from reframing your fears
- be **inspired** by Big Life Kid, Brielle, and the courage she built over time

DISCUSSION QUESTIONS

- According to Leo, what does “encourage” mean? When have you encouraged someone recently?
- Brielle built up her courage bit by bit. Have you faced a scary situation where you built up your courage over time? What helped you feel courageous?
- Brielle’s sister stayed with her the entire time she was getting her x-ray. Who was there for you when you were frightened?

TRY THESE ACTIVITIES

1. Listen to the Big Life Kids Podcast **Episode 31: The Curious Case of Trying NEW THINGS!** In this episode, Leo and Zara share that scary things, like trying something new, can be fun.
2. Children of any age can create a **glitter jar**. The glitter jar is a good activity to use when your child is worried or nervous. The glitter in the jar represents your child's thoughts, rushing around in a mad dash. The next time your child is upset simply have them shake the glitter jar. As they breathe deeply, they can watch the glitter float around in the jar and settle on the bottom. Find directions to make your own glitter jar **HERE**.
3. Try Tense and Release Muscle Relaxation. This is an exercise to relax the mind and body by progressively tensing and releasing those large muscle groups. Learn more about this exercise **HERE**.

*Listen to Episode 58: Zara, Leo and Brielle face their FEARS at the dentist!
on Apple, Spotify, Google, and other podcast platforms.*

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2022 New Year Kits

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

★★★★★

"My kids and I did this together after New Years to plan our new year. Has transformed our lives in a beautiful way. Our time spent is now a joint effort, we have become a united team!"

- Sharon G.



Kit for AGES 5-10

★★★★★

"This is a great kit with wide-ranging materials. We can build goals for the new year, incorporate growth mindset into literacy, and continue building skills for positive thinking and the power of YET!"

- Candice



Kit for AGES 11+

Peek Inside the Kits

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With gratitude,
Big Life Journal team