



stem4

YOUTH MENTAL
HEALTH DAY™

19th September

Youth Mental Health Day 2023

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Brave faces by Reception S...



Bravery by 1P...



What is bravery?

- When you are crying you can be brave.
- Not being scared.
- Never giving up.
- Not being afraid to try.
- It is fine to be scared.

How can we be brave?

- Doing things that we are scared of.
- Doing new things.
- Speak in front of people.
- If you think you can't do something, you can try.

Bravery by 1JP...



YOUR
BR*VERY
IS BOUNDLESS

Ask for help.	Just try it.
Trying new things and not giving up.	Really strong, you can do it.
Bring a grown up.	Use a night light.
Just do it.	Get help.
Encourage each other.	Make Friends.



BEING BRAVE

2W'S BRAVE QUOTES

- ❖ I went down a slide I was unsure of at the swimming pool but it ended up being really fun. – George
- ❖ We were brave when we started Rupert House, because it was new to us! – Posy
- ❖ Its important to be brave after you have hurt yourself – Charlie
- ❖ We have to be brave to stand up in-front of parents and the school to perform school plays. – Genevieve
- ❖ I stood up in-front of the whole school to play the recorder and I was nervous! – Emilia
- ❖ I jumped off a plane to sky dive, it was fun but I was excited and nervous. – Quinn
- ❖ I had to swim in a sea with sharks in Australia. – Iris

Its feels good to be brave!

I felt proud of myself!



Bravery by 2FN...

“Being Brave” in 2FN

Being brave means.....

Trying something that you're not sure of.

When you're scared you give it a go and be brave.

We can be brave by...

Encouraging yourself to do something even when you don't want to try it.

A chalkboard with a white banner that says "BE BRAVE." The banner is drawn with white chalk and has a wavy, ribbon-like shape. The words "BE BRAVE." are written in a simple, hand-drawn font on the banner. The background of the chalkboard is dark and textured.

BE BRAVE.

Being brave is when you give things a go.

Reassure yourself that you can do it.

Always believe in yourself.

Very brave, we'll carry on.

Encourage yourself and others to be brave.

By 2FN

Bravery by 3H...

amber showed
bravery when
she went down
a really crazy
water slide it went
straight down

Barrelly. Eccles
was brave
when she
went on
a roller coaster

Lily thinks
that being brave
means facing your fears

Isabell should
brave when
riding
without a lead rope

Mollie
knows that
to be brave
means to
face your fears.
Try something
new!

Flossy showed
bravery when
I went on a
challenge.

Amelia thinks
that bravery is
trying something
new.

Ava showed
bravery when
did a challenge

Henrie thinks
that bravery
is to do
with you
seeing!

Eleanor thinks being
brave is facing
FEARS

Rafaela
showed
bravery when
she got on the
hover-board for the
first time.

Daphne thinks
that bravery
means trying
something
new

Maisie thinks
that bravery
mean trying
something
new.

Year 4 asked themselves, “What does bravery mean to me?”

“Bravery is when you stand up for yourself.”

“Bravery is standing up to other people when they’re mean to you.”

“Bravery is sticking up for you and your friends.”

“Bravery is: if you see someone being mean to another person, don’t just do nothing – stick up for them.”

“Bravery is when you’re doing something you’re afraid of, but you still do it and push your way through.”

“If you’re climbing up a big climbing wall, don’t just let go and fall down – keep on going and believe in yourself.”

“I was brave recently when I went on a huge, vertical slide that was about a 20m drop!”

“I was brave recently when I picked up a vicious crab at the seaside.”

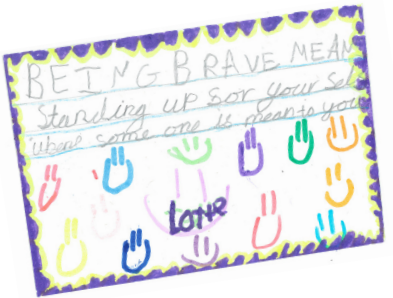
“I was brave recently when I swam with whale sharks.”

“I was brave recently when I jumped into the sea from the high-up deck of a boat.”

“I was brave recently when I went in a cold, dark cave and drank the water.”

“I was brave recently when I went to a family member’s funeral.”

Bravery by 4H...



Bravery by Year 5

- Bravery is to overcome your fears.
- Bravery is keeping going even when it's scary.
- Bravery is being strong when you hurt yourself.
- Bravery is choosing to do something that scares you.