

“Send down... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar: Being Brave

Try these ideas to boost your bravery and reach new heights.

- ▣ When a goal seems scary, make a plan to work on it step by step.
- ▣ Be positive. Encourage yourself and say, “I can do this!”



- ▣ Think about a time when you were brave in the past and it felt great.
- ▣ List the qualities that can help you achieve your goals.
- ▣ Talk to a family member or friend about your fears.
- ▣ When you're afraid, take slow, deep breaths to help you relax.
- ▣ When you're learning a new skill, keep trying, even if it's frustrating.
- ▣ Read stories about inspiring heroes.
- ▣ Say a prayer to ask for God's help.
- ▣ Listen to music that lifts your spirit.
- ▣ Each day, do something to prepare. Write down a step you took toward being braver.



I'M BUILDING MY BRAVERY!

Dive into Courage

Do you have a family hero? Mine is my *awesome* grandma. She won a gold medal in the Aviary Olympics for high diving. She dove off a super high diving board and did five flips before plunging into the water. It was *epic*! When she asked me if I wanted to take lessons, I was all in.

The lower dives were fun, but when it was time to try the 10m (33 ft.) dive, I was pretty scared. It felt like jumping off a mountainside! I got nervous and had to stop. It was *so* embarrassing.

But guess what Grandma said? She was nervous for her first high dive, too! One reason she loves diving is that it's a



great chance to get out of your comfort zone and push yourself to be brave. She said courage helps us achieve goals and learn new things. It can strengthen confidence and resilience, too. She was so encouraging, I wanted to try again. I was still nervous when I flew up to the diving board. But this time, I folded my wings, gathered my courage—and dove! Once I did it, it was so much *fun*! I felt awesome! I was so proud of myself for facing my fear.

High diving isn't for everyone. There are lots of ways to be brave. Being patient during tough times, standing up for what's right, and following your heart can be scary, too. Whatever your challenge is, I hope these tips help you dive in!

Curiosity Canopy



Did you know that imagining you're a superhero can help you overcome fear? In one study, kids persevered longer when they pretended to be a favorite character, then asked themselves if their character was working hard. When you have a challenge, try turning into a superhero. You might summon your strength—and have fun, too!