

# RILEY'S RAINFOREST



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

—Bahá'u'lláh

## EXPLORE & SOAR: BOOST YOUR BRAVERY!

Check out these ideas for being true to yourself.

- ☆ When you're worried, express your feelings in a journal or with art.
- ☆ Think about a fear you overcame in the past. What did you do? How did it feel?



- ☆ Connect with people who encourage you to be yourself and face challenges. Asking for help takes strength!
- ☆ When you're struggling, imagine advice you'd give a friend. Be kind to yourself!
- ☆ Be brave and speak up when you don't feel comfortable. Real friends will support you.
- ☆ Make a list of your fears, then write down your strengths that can help you deal with them.

## TRUE COURAGE

**A**t lunch today, a falcon named Flint dared me to dive with him off Sharptooth Cliff—that's a super long drop! I didn't want to seem like a scaredy-feathers, so I agreed to meet him there after school.

But I felt nervous all day. I've never done a dive like that, and it can be really dangerous! I told my friend Piper that I felt like a coward.

“Being brave doesn't mean you have to dive into *danger*. Sometimes it's being honest about your feelings,” she said.

“Good point!” I agreed. “Honesty takes guts.” Speaking up is scary for me, especially when someone might judge me or make fun of me.

“You can't be *brave* if you're not

*afraid!*” Piper chirped. “That's why facing fears boosts your bravery.”

But I had two fears—diving off the cliff and telling Flint I didn't want to. Which one should I tackle?

When the final bell rang, I decided to be honest (and extra brave) and tell Flint I didn't want to dive. I was so nervous! He *did* tease me at first, but I stayed strong. Guess what? He said I was cool for being real with him! He even helped me practice diving from places that felt safe. It was super fun!

My honesty strengthened our friendship, because now he knows and accepts the *real* me.

I made a list of ideas for practicing courage. I hope they help you stay true to *you*—even when it's scary!



## CURIOSITY CANOPY



**D**id you know that being kind without expecting praise or a reward can make you braver? Kindness releases **dopamine**, a feel-good chemical in your brain. It can boost confidence and courage. Have fun seeing how many acts of kindness you can do this week when no one's looking!