



Do you think you are brave?

Children who are seriously ill have to be brave. Being brave is all about feeling scared but carrying on anyway. Sometimes we need an extra bit of courage to get us through a difficult time, so together we are going to make a **cup of courage**

What you need to do:

Write down all the times when you have been brave. Did you ever do something you didn't want to do, but in the end you enjoyed, like go up really high in a tower or go across a wobbly bridge or slide down a really steep slide?

A large, black-outlined illustration of a mug. The handle is on the left side. The main body of the mug is on the right and contains the text "My Cup of Courage" at the top. Below the title are seven horizontal lines for writing.