



WRITE ABOUT A TIME YOU WERE BRAVE



RECALL TIMES THAT YOU WERE BRAVE
AND WRITE A WORD INSIDE EACH STAR
DESCRIBING HOW IT MADE YOU FEEL



THE KINDNESS
Rocks PROJECT

FILL IN
THE
BLANK

SOMETIMES I FEEL _____

BRAVERY MEANS _____

HOW WERE YOU BRAVE TODAY? _____

I FEEL BRAVE WHEN _____

WHEN I NOTICE SOMEONE FEELING SAD OR SCARED I _____

CIRCLE 3 WORDS THAT DESCRIBE YOU

BRAVE

HAPPY

STRONG

FUNNY

SMART

FRIENDLY

CARING

KIND

GENEROUS

CREATIVE

SUPPORTIVE