



# **BRAVERY BADGES**

## **INSTRUCTIONS:**

Each time you feel something hard  
and keep going – you earn a star.

No one checks.

No one counts.

Only you know what it took.

## **Badges of Bravery**

- ★ Got out of bed when I didn't want to
- ★ Told the truth even though it felt scary
- ★ Let someone help me
- ★ Said “no” when I needed to
- ★ Did a grown-up thing even though  
it was hard