

Everyday Brave

This project encourages students to celebrate little bouts of bravery throughout each day. Students will create a week's worth of everyday examples of personal bravery that they can reference.

Courage Sub-Concept(s)

Vulnerability, Kindness

Project Timeframe

25-30 minutes

Required Materials

- ☐ Index cards
- ☐ Basic art supplies
- ☐ Hole punch
- ☐ Metal ring (or paper clip)
- ☐ Contact paper (optional)

1. Provide each student with 5-10 index cards.
2. Explain that every day students will create an “Everyday Brave” card as their exit ticket for the day.
3. Students will write or draw one brave act they completed today. Emphasize that each of us completes little acts of bravery throughout every day.
4. On the first day, brainstorm examples on the whiteboard. Emphasize that every statement must be true. Now is not the time to include things we imagine accomplishing or wish we had done.
 - I stood up to a bully.
 - I read out loud in class.
 - I tried something new at lunch.
5. After brainstorming examples, have each student complete their first “Everyday Brave” card.
6. Explain that students can make as many bravery cards as they want as long as they are true statements. Students need to write their initials at the bottom of the card and turn it in as they leave class.
7. At the end of the week, use contact paper to laminate the cards (if desired) and punch a hole through each of them.
8. Sort the bravery cards by student and organize each student's cards onto a metal ring or paper clip.
9. Present each Everyday Brave pack to the students on the following Monday, emphasizing the importance of being brave every day!



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning ([CASEL](https://casel.org)) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>