

POSITIVELY TORAH

Bringing it Home – Family Activity

Chapter 9 – Bravery

As an extension of our learning, learners will periodically complete a *Bringing it Home* interview with a family member. The goal of these interviews is to encourage meaningful conversation and reflection, while helping your child notice how these superpowers show up in everyday life.

Learners should bring what they recorded below to the next session and share what they learned and record their notes in their journal.

Bravery is the power to do what's right even when we feel scared or unsure. It means standing up for others, trying new things, and trusting that we can face hard moments with courage.

I hope that this *Bringing it Home* will be the start of a meaningful conversation about Bravery. Please encourage your child to record your responses and bring the interview when our group meets next.

Thank you for talking about your experience with this character strength and for your partnership in building a greater understanding and appreciation of superpowers.

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Bringing It Home

Interview a family member or friend who has attended a march, rally, or protest or who knows someone else who has participated in this kind of event. Your questions might include:

- What was the event you attended?
- What was the cause?
- Why did you choose to be involved?
- What impact do you believe the event had on yourself and others?
- How did you feel before, during, and after the event?
- What advice would you give to someone who would like to speak up for what they believe in?

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