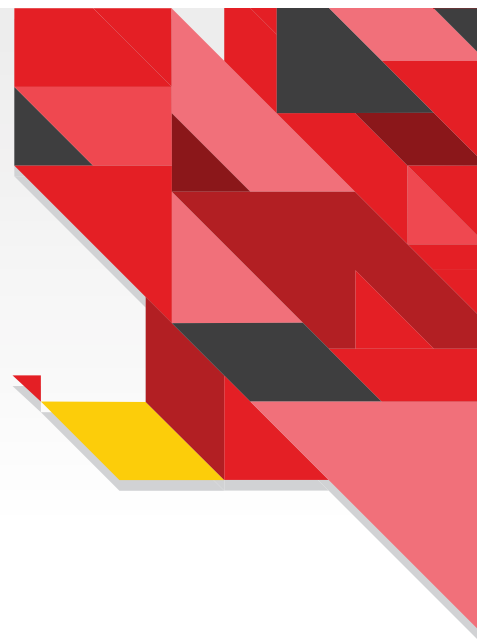


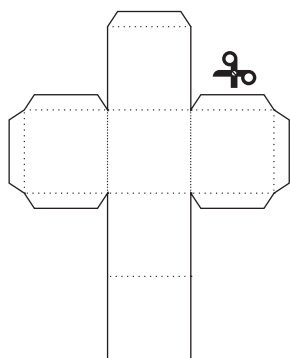
Bravery Cube Games



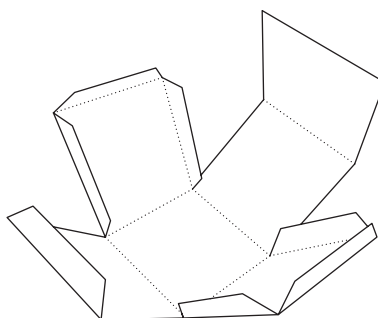
Creative activities that explore social and emotional learning through gameplay

Directions for young learners: With a grown-up's help, print out the cubes. Cut along the outside edges of the cube pattern, fold along the dotted lines, and then tape or glue the edges to create a cube. You will be able to roll these cubes like dice!

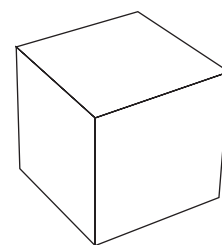
Directions for grown-ups: These printable cubes can be created using standard paper, but if you wish to make them more durable, try printing on cardstock, laminating the paper, or pasting the cube templates onto another sheet of paper with a heavier stock or weight before cutting out the cubes. Cut along the outside edges of the cube pattern, fold along the dotted lines, and then tape or glue the edges to create a cube.



Cut



Fold



Tape or Glue

Included are some suggested ideas for using each cube. We hope these ideas inspire you to create your own games and activities as well!



Bravery Cube Ideas for Everyone

Part 1

Using the Bravery Cube

Review: This cube can be used to help discuss the B.R.A.V.E. strategies (see Bravery Strategy Poster and Bravery Activity Book for more information) as well as to check the learners' understanding of each strategy. Roll the cube and discuss the strategy. Provide examples of that strategy in action from your own life experiences.

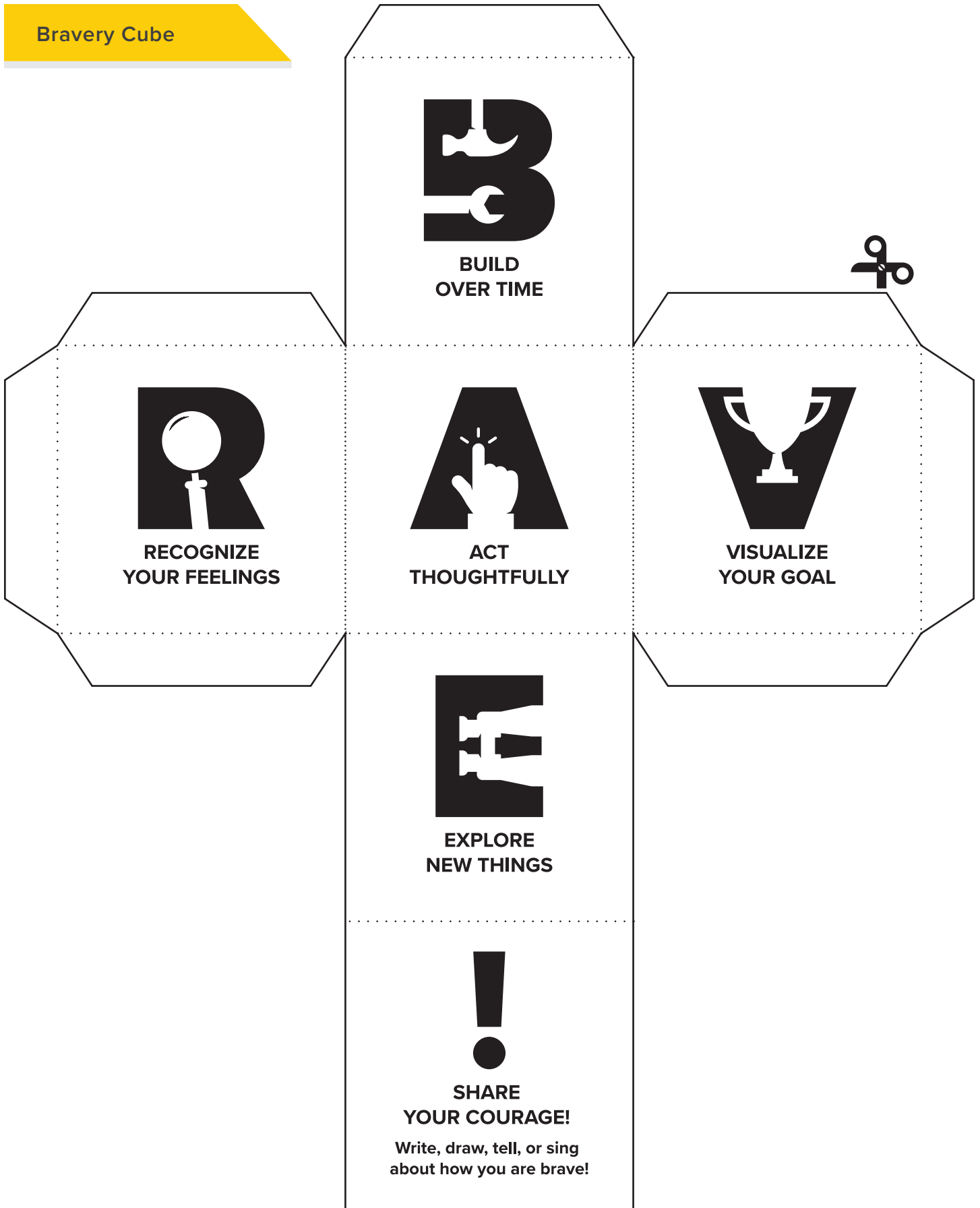
Prepare to be brave: This cube may also be useful in moments leading up to an activity or time when a child may need to exhibit bravery (e.g., getting a flu shot at the doctor's office, presenting a project at school, etc.). Practicing these strategies before such an event in a relatively neutral environment may help children remember to utilize them for the more difficult challenge ahead.

Using the Animal Cube

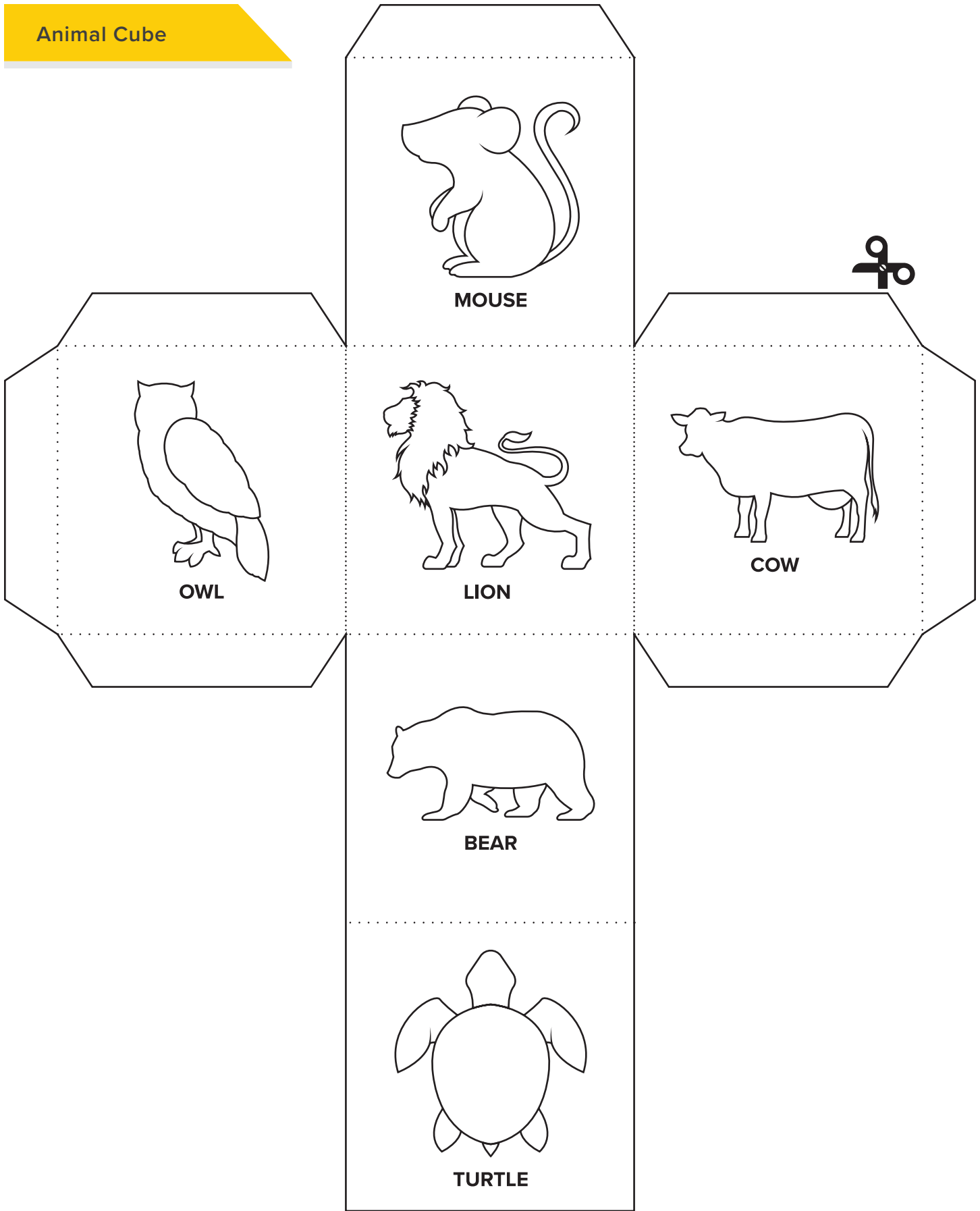
Roleplay: Roll the cube and taking turns pretending to be the animal that was rolled. Talk about it! What might make that animal feel afraid? How would that animal act and move if it was showing courage?

Before and After (part 1): After rolling the cube, encourage the learner to use paints, clay, crayons, or any other artistic media to create "Before" and "After" art. The "Before" art should depict an animal encountering something it is frightened or nervous about, while the "After" art can show the animal after successfully demonstrating bravery.

Before and After (part 2): Encourage learners to write or tell a story about their before and after art, with a special focus on how the animal could achieve the act of courage. If applicable, you may want to make connections to the B.R.A.V.E. strategies listed on the strategy poster and encourage learners to connect their stories to their own personal experiences.



Animal Cube



Bravery Cube Ideas for Everyone

Part 2

Using the Strategies Cube

Transition time: When transitioning from from one learning activity or time period to another, set aside a few minutes to roll the bravery cube. Each person who rolls should be given enough time to complete the suggested activity on the cube.

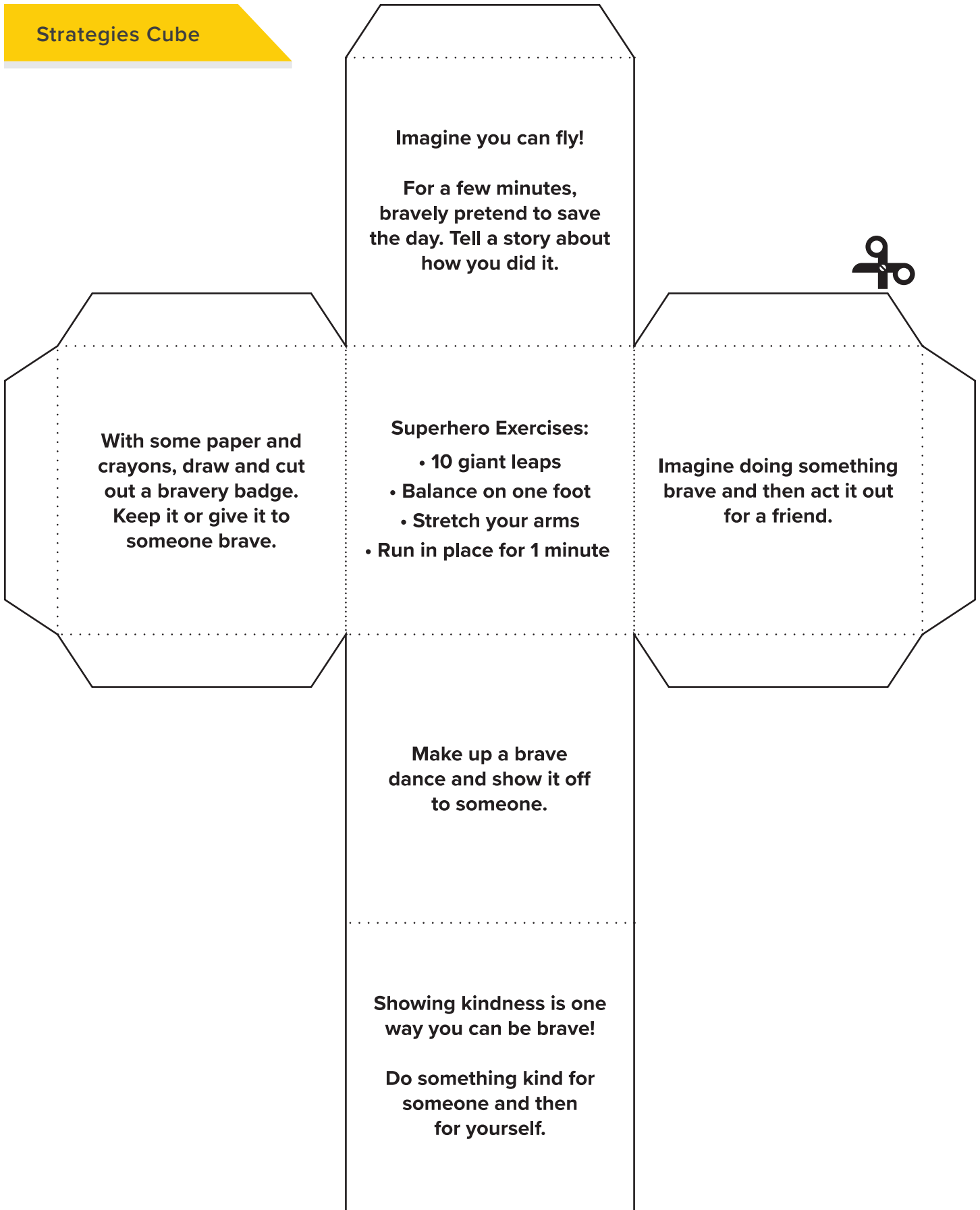
Start the day bravely: Encourage learners to roll the cube and complete one or more activities before starting their day. You may wish to include a small amount of time for discussion after each activity is completed.

Prepare to be brave: The bravery cube can be used prior to an activity that typically may cause a learner to feel afraid or anxious. After completing the activity successfully, learners can be reminded that each bravery activity proves they are brave and can tackle even scary or difficult challenges.

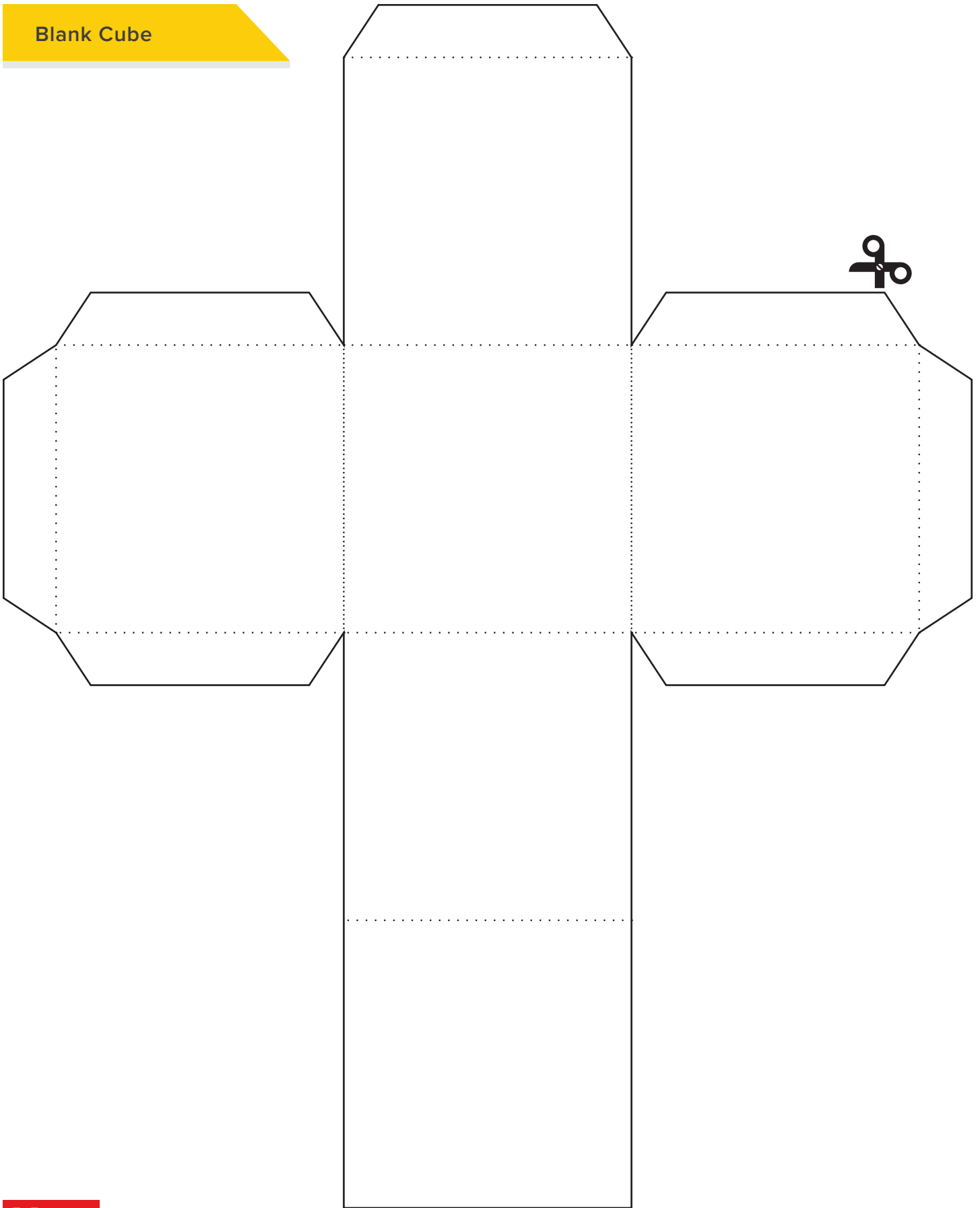
Using the Blank Cube

Use the blank cube template to create your own bravery cube. Here are some example ideas you can use. You can also print the blank cube template more than once to create multiple customized cubes.

- **Colors:** Place a different color on each side of the cube and ask learners to name something related to bravery for each color (e.g., red may remind the learner of firefighters; yellow reminds us to think carefully before taking a risk, etc.)
- **Names:** Together, write down the names of people you know. rolling the cube. When the cube stops on a person, talk about one way that person has been courageous.
- **Poses:** On each side, write or draw a pose that shows bravery (e.g., flexing a muscle, flying like a superhero, standing tall, etc.)
- **Symbols:** Pair the bravery cube with the Symbols of Bravery research and writing prompts. Draw a symbol on each side of the cube. Roll the cube to determine which symbol to research and write about next.



Blank Cube



For more Brave activities, please visit mheonline.com/VirtualCarePackage