

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #37: MAKE A “CUP OF COURAGE”



Nick Bland’s book *The Very Brave Bear* shows how being courageous and encouraging to others helps everyone feel good. In saying this, the book highlights that trying new things and not only being encouraging to others but encouraging yourself can make you feel brave and proud.

Courage is defined as the ability to do something that we find scary. We can show courage in our everyday lives by being brave and trying something new. It takes courage to tell someone else you love them or to tell yourself. Although it may be scary at first, it is so crucial that we remind ourselves how important we are and that we matter, especially during a time of social distancing. These positive words to yourself can be extremely valuable and can help you share those same encouraging words to the people you love. Take a few minutes today to show courage by making a “cup of courage”.

### Practice Courage Today:



1. THINK ABOUT THINGS YOU’VE SAID TO SOMEONE WHEN THEY FELT UNMOTIVATED AND LIKE THEY COULDN’T ACHIEVE SOMETHING.
2. WRITE DOWN SOME OF THESE PHRASES.
3. GET CONSTRUCTION PAPER, MARKERS, STICKERS, AND ANY OTHER MATERIALS TO HELP WITH EXPRESSING YOUR CREATIVITY.
4. MAKE A CUP OUT OF PAPER (LOOK AT THE VIDEO LINK BELOW)
5. WHEN YOU FINISH MAKING YOUR CUP, WRITE THOSE COURAGE PHRASES ON THE OUTSIDE OF YOUR CUP AND DECORATE AS YOU’D LIKE. YOU CAN EVEN DRINK WATER FROM YOUR CUP!

### Parent Practice Tip:

**Make Cups of Courage with your child(ren)! Discuss the different phrases everyone wrote on their cups and how they make you feel brave.**

### To Learn More:

**An Example of a “Cup of Courage”**

**How to Make a Paper Cup!**

**Read aloud of The Very Brave Bear**

**by Nick Bland**

**[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)**