

Coping: Being Brave

Approximate time: 20 minute tutor time session

Materials: Coping Handout 2A / iPad

Aim/outcome: To explore what it would be like to feel brave

Explanation:

Using superhero handout ask students to answer the questions

- Once they have answered the questions ask students to consider:
 - If you were a super hero what powers would you like to have?
 - What things could you do differently that you couldn't do before?
 - How would super powers help you be braver?
 - How would your life be different?
 - Why would you like to have these powers?
 - What could help you feel braver?
 - How could being brave help you feel more resilient?

Expansion activity:

Using pictures of celebrities / role models from history / family friends or sports people Ask students to identify which ones they think are brave, what makes them brave, what are their attributes that make them brave, what makes them good role models?

One-to-one:

Help the student fill out Coping Handout 2A. Use the Handout to encourage discussion with the students about being brave and any support they need in this area.

Students say: Some students do not have the self-confidence or self-esteem to feel brave, so do not make students feel inadequate if they struggle with this exercise. Be gentle and supportive with students keep the exercise neutral by focusing on a super hero and how if they were a super hero how they would feel braver.

Superhero handout

If you were a superhero what powers would you have?

What things could you do that you couldn't before?

How would these powers make you braver?



How would your life be different?

Why would you like to have those powers?

How could being braver make you more resilient?