Make a Bravery Badge

For a young child, starting a new school year, riding on the school bus, or doing something alone for the very first time can be scary. Help your child battle their fears by teaching them how to make a bravery badge that they can wear the next time they need a little extra courage. As they learn more about what it means to be brave, they'll also enlist their creativity, using fun colors and stickers to come up with their own special design.

What You Need:

- Colored construction paper
- Pencil
- Scissors
- Circle tracers (you can use glasses, bowls, lids, or anything else circular you can find)
- 2 cut pieces of ribbon, 5" long, 2" wide
- Glue
- Star stickers
- Safety pin

What You Do:

1. Sit down with your child and discuss situations that makes them feel scared or uncomfortable. Talk to them about what bravery is and how it helps us stay positive when we're trying something new for the first time.
2. Have your child pick a few colors of construction paper that they like and that make them feel brave. Then, have them trace circle shapes for their badge. Encourage them to trace circles of all sizes, and when they're all done, they can pick which colors and sizes they like best.
3. Have them cut out the circles, following their traced lines with scissors. This is a great way to boost their hand-eye coordination and fine motor skills.
4. Once the circles are cut out, it's time to decorate! They can use the star stickers and draw lines and shapes with markers in any design they want.
5. Have them pick a few different-sized circles and layer them, putting one on top of the other, largest circle on the bottom and smallest on the top. Then, help them glue the circles in place.
6. Once the glue has dried, help them by writing something on their badge to remind them to be brave, such as, “I am Brave,” or, “Bravery Power!”
7. Now, glue the ribbon in an "X" across the back of the badge.

Once the glue is dry, the badge is ready to wear! Help them attach it to their coat or shirt with a large safety pin. Now, they're ready to face anything!

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