



# When You Are Brave

Written by: Pat Zietlow Miller

Illustrated by: Eliza Wheeler

## Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Bravery
- Courage
- Strategies to cope with fear and anxiety
- Adjusting to change
- Inner peace
- Acceptance

## Takeaway

Resilient people are able to reach within themselves to be brave in times of fear and uncertainty.

Through a series of similes, author Pat Zietlow Miller illustrates the struggle to be brave when we go through something scary and unknown. In this book, the main character is navigating a family move in which she has to say goodbye to her life, home, and friends. Despite feeling overwhelmed, she finds the courage inside her as a light. She begins to expand this light and surround herself with it. She thinks of the things she's good at and the people she loves, giving her strength.

***"No matter what happens you'll be all right."***

This story shows us that even through the most nerve-racking events, everything will be all right once we find our courage. Miller offers multiple examples of ways to cope with fear and create inner peace using bravery. It's important that we all find strategies that help us get through challenging times.



## Activities to try at home:

Use one or more of the attached activities to strengthen your child's understanding of this book's lessons.

1. **When I Am Brave**
2. **Finding Your Light**

Flip for [Conversations to Have at Home](#)



**RESILIENCE  
GROWS HERE**



# Conversations to Have at Home:

Every single one of us will experience life's ups and downs. It is important to have discussions about these experiences with your child to show your support and help them navigate the lows.

## Consider these ideas when discussing this book with your child:

- Remind your child that their feelings are valid and that you're there to listen if they need you.
- Suggest some coping mechanisms to overcome fearful thinking.
  - Deep breathing, journaling, drawing, etc.
- Recognize physical or behavioral clues that indicate that your child may be struggling with something.
  - They are quiet more often, lying in bed often, or closed off both physically and/or emotionally.
- Explain to your child that any adjustment takes time. It's okay for them to take that time to experience and understand their emotions toward said change.
- Work with your child to think of things that bring them peace, confidence, and comfort.
  - In *When You Are Brave*, the girl finds her light by thinking of the things she's good at, the people she loves, and the people that love her.
- Identify the ways that other people, animals, and living things show their bravery.
  - In the book, the main character recognizes the bravery of a bird, a dog, and a caterpillar.



For additional *Resilience Grows Here: At-Home* book recommendations, visit [fvhd.org/community-health/rgh/books](https://fvhd.org/community-health/rgh/books)

For additional mental health support, visit [fvhd.crediblemind.com](https://fvhd.crediblemind.com)

# When I Am Brave

We often think of role models and heroes when we think of someone who is brave. Think about what it looks like when **YOU** are brave. How do you feel inside? How do you look on the outside? What do you want to show when you are brave? How do you act when things are tough? Draw below.

**Takeaway:**

Resilient people find strength within themselves to be brave in uncertainty.

# Finding Your Light

Everyone feels scared from time to time. It helps to have multiple things you can think of or do to feel better in times of fear. Think of the people in your life, things that calm you down, things that make you feel courageous, and things that brighten your light and list them below.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Takeaway:

Resilient people find strength within themselves to be brave in uncertainty.