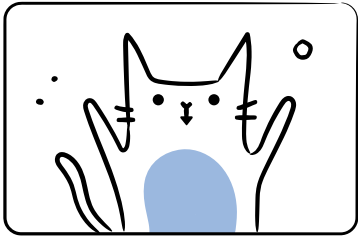


Build Your Brave Muscle

Purpose: Learn words and physical movements to help you be brave.

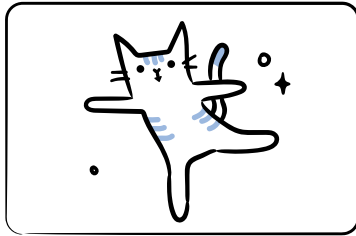
Like any skill, learning to be brave online takes **time** and **practice**. Build your brave muscles with the exercises below!

Reach



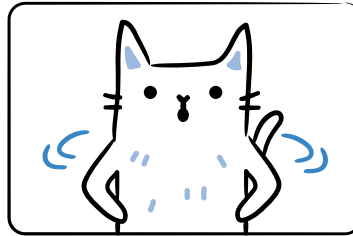
As you stretch out your arms, imagine the trusted adult you would reach out to if you saw something online that was inappropriate, hurtful or made you feel uncomfortable.

Balance



Stand on one foot and stretch out your arms as far as you can. While you do this, think about how you can balance the time you spend online with the time you spend offline.

Twist



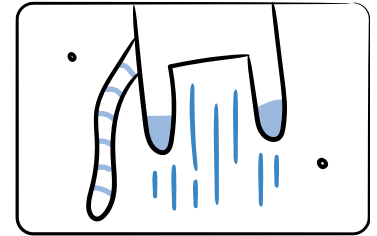
Do the twist! Put your hands on your hips and gently twist your upper body in each direction. As you twist, picture how you might twist a negative situation online to be more positive.

Breathe



Take a deep breath in to the count of four. Then, hold your breath as you count to four again. Finally, exhale to the count of four. This breathing exercise can help you stay calm. Use this breathing trick to think before responding to difficult messages online.

Jump



Jump up as high as you can! It's important to jump to action if you or someone you know is not being nice or getting their feelings hurt online. Remember, you can always ask a trusted adult for help if you're not sure what to do.

Challenge: Think of a time when you had to be brave. Discuss with a classmate or write your answers below.

Why were you brave? _____

How were you brave? _____

How did your bravery change the situation? _____