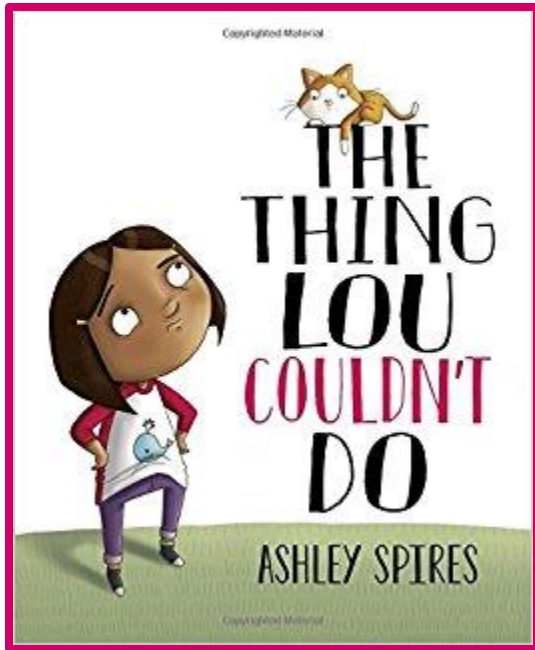
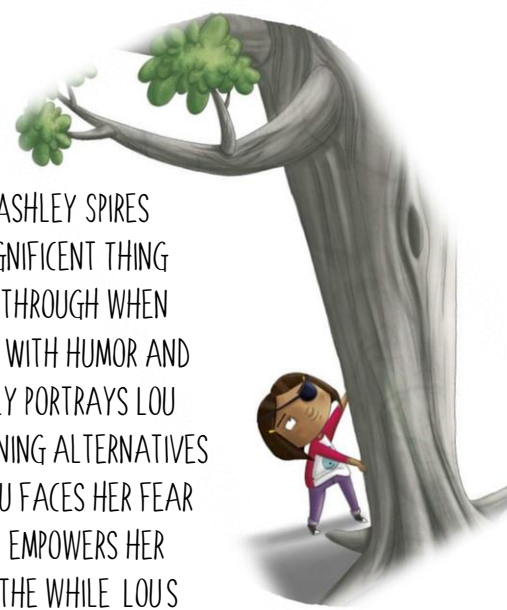


FRED CO KIDS 2018 READING CHALLENGE

BRAVERY

#FCPREADTOME

WEEK 37



THIS DELIGHTFUL PICTURE BOOK FROM ASHLEY SPIRES BESTSELLING AUTHOR OF THE MOST MAGNIFICENT THING PERFECTLY DEPICTS WHAT CHILDREN GO THROUGH WHEN CONFRONTED WITH SOMETHING DIFFICULT. WITH HUMOR AND ENDEARING ARTWORK SPIRES SENSITIVELY PORTRAYS LOU PROCRASTINATING MAKING EXCUSES IMAGINING ALTERNATIVES AND DENYING SHE CARES. ULTIMATELY LOU FACES HER FEAR AND ALTHOUGH SHE FAILS THE EFFORT EMPOWERS HER ENCOURAGING A GROWTH MINDSET. ALL THE WHILE LOU'S FRIENDS MODEL COMPASSIONATE FRIENDSHIP BY OFFERING TO TEACH HER HOW TO CLIMB AND THEN MOVING THE GAME. THIS BOOK MAKES A PERFECT CHOICE FOR A CHARACTER EDUCATION DISCUSSION ABOUT COURAGE OR RESILIENCE OR A LIFE SKILLS LESSON ON FACING CHALLENGES. THE STORY ALSO PROMOTES THE JOY OF IMAGINATIVE PLAY OUTDOORS!

Encourage adventure and risk-taking

Help them experience new things and face their fears. These are the not-so-easy wins. We encourage our kids to do hard, scary things all the time, things they don't want to do. Fear conquered builds courage for later. Help them build up their courage in big and small ways!

Be the example

Kids watch and imitate what they see us do, probably more often than we even realize. Monkey see, monkey do. Take on challenges and risks and let them see you try and succeed. Maybe even more important than that, let them see you fail. And those things you so desperately want your kids to learn? Model them. Kindness, compassion, bravery. Brave parents raise brave kids.

Celebrate everyday bravery

Celebrate ordinary acts of courage. We celebrate every little brave move our kids make. Walking through a dark hallway to turn on the light. Sharing a story in front of their whole class. Asking a kid they don't know if he/she wants to play. Telling the truth. Every act of bravery, no matter how small, is recognized and celebrated for what it is - brave.

*Brave is when
you're afraid but
you do it anyways.*

