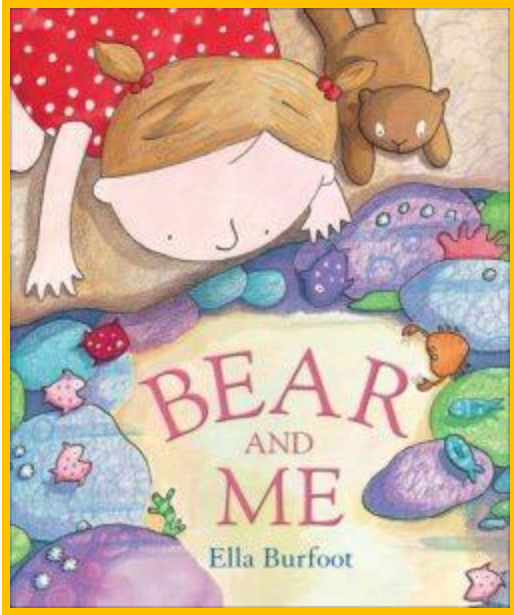


Fred Co Kids Reading Challenge 2018

BRAVERY

#FCPREADTOME

WEEK 38



This cute book is about a young girl and her bear. They often play together. Bear is not always brave. We can't help but wonder when he will be brave enough to do these new things? I like how this story depicts how children do often work out their fears and problems: through play. Sweet illustrations that younger children will surely love.

Inspire Courage Through Play and Creativity

To develop courage through playtime and creativity, children must be active and engaged in various physical activities. They must actually play. Recent studies estimate that children spend two to eight hours per day in front of a screen relative to age. This does not count as play. Add nap and sleep time. Factor in mealtimes and other routine family activities. The sum? There is little time for play and all of its marvelous benefits.

Switching roles will allow children to develop a sense of worth through personal accomplishment. By providing them with an opportunity to teach you how to color a picture, catch a ball or bake a cake, your child learns to think, "Hey, I can do that!"

Furthermore, your child knows that you believe in them and that they are capable. This experience builds confidence, a foundation of courage. So have fun choosing areas of interest your child enjoys, whether it's bugs or princesses, and have them teach you something about them.

