

MY BRAVE PHRASE

THIS ACTIVITY EXPLORES:

Saying no, confidence and making choices

HOW TO SET-UP?

Prepare short phrases such as "No thanks", "I don't want to", "I'm choosing something else" and "Let's go."

YOU WILL NEED:

Phrase cards or a leader-read list
Paper and pens

TIME NEEDED: 10 MINUTES

HOW TO RUN IT

1. Explain that sometimes we need simple words to help us make our own choice.
2. Read out a few short phrases.
3. Ask children to choose one phrase they like.
4. Practise saying the phrases together.
5. Ask them to decorate their phrase or say it with a confident voice.

QUICK DEBRIEF

- Which phrase felt easiest to say?
- When might someone need a brave phrase?

Make it easier

Choose one phrase as a whole group and practise it together.

Make it harder

Ask them to make up their own brave phrase.

KEY MESSAGE

A short, confident phrase can help when something does not feel right. We can say no and ask a trusted adult for help.