

Brave & Kind: An Activity Book for Calm and Connection

THIS BOOK BELONGS TO:



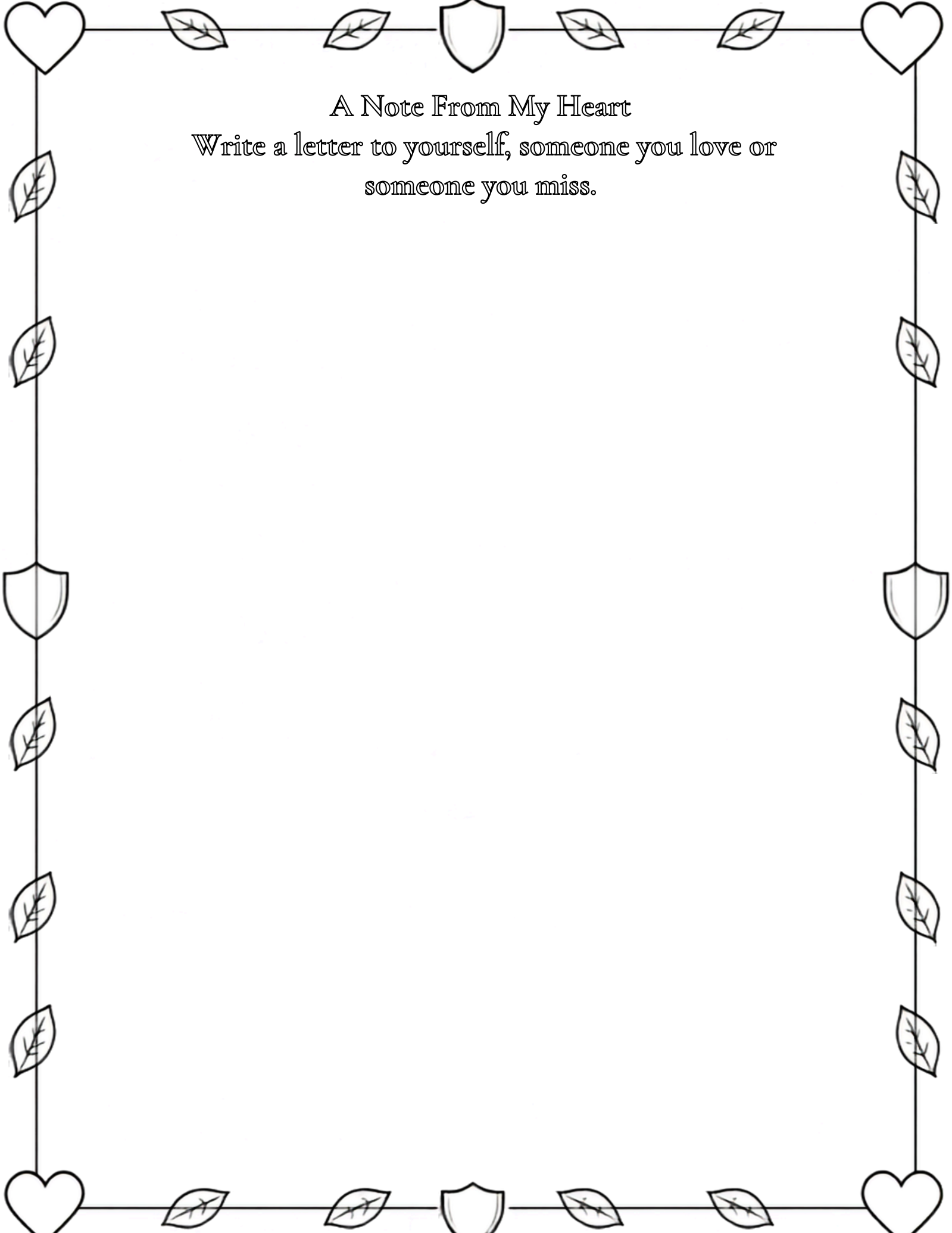
BE BRAVE • BE KIND • BE YOU

For Children and Caring Adults

These pages offer different ways to color, create and connect. Children can choose the activities that work for them and respond by drawing, talking, breathing, writing, creating, or simply coloring. These pages invite kindness, calm, courage, belonging, and connection. This book is designed with Social Emotional Learning (SEL) concepts. SEL is the practice of helping children understand their feelings, build kind relationships, make thoughtful choices and find their place in the world.

There is no one way to use this book. Choose a page, explore together, and make it your own.

These activities are intended to support connection and creative expression.
For more resources visit IG: [highergroundpress](#) or email: highergroundcomm@gmail.com



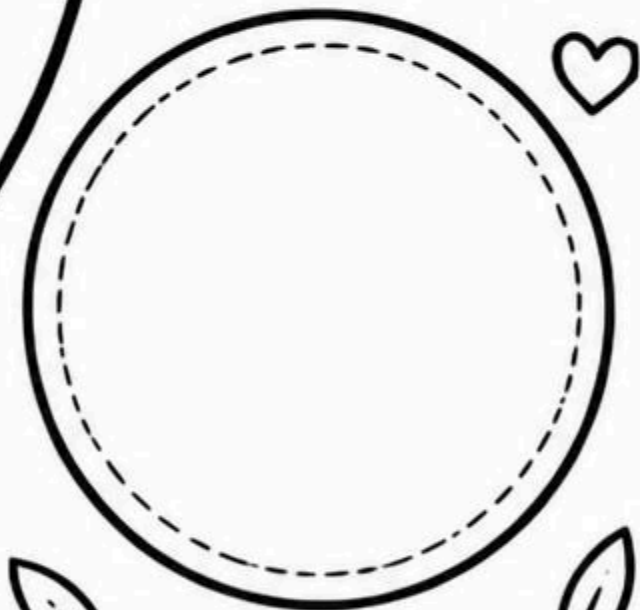
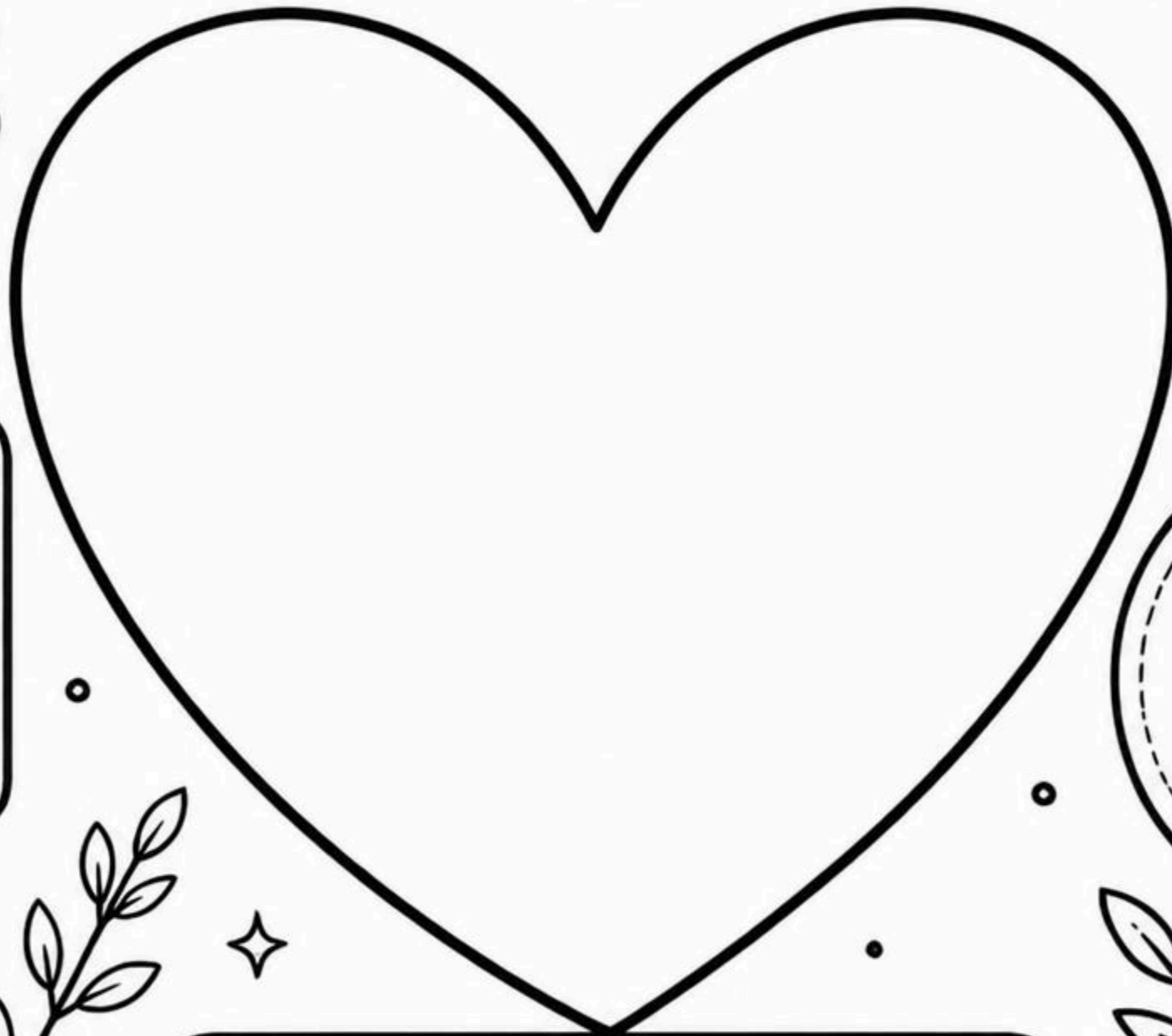
A Note From My Heart

Write a letter to yourself, someone you love or
someone you miss.

My Heart Holds

Our hearts hold people, places,
things and moments that matter to us

What matters to you?



Draw it • Write it • Color it • Share it with someone



Notice What is here

Take a moment to notice what is around you.

Can you find something you can
see, hear, feel, or imagine?



BREATHE WITH A LEAF



Follow the leaf
slowly.



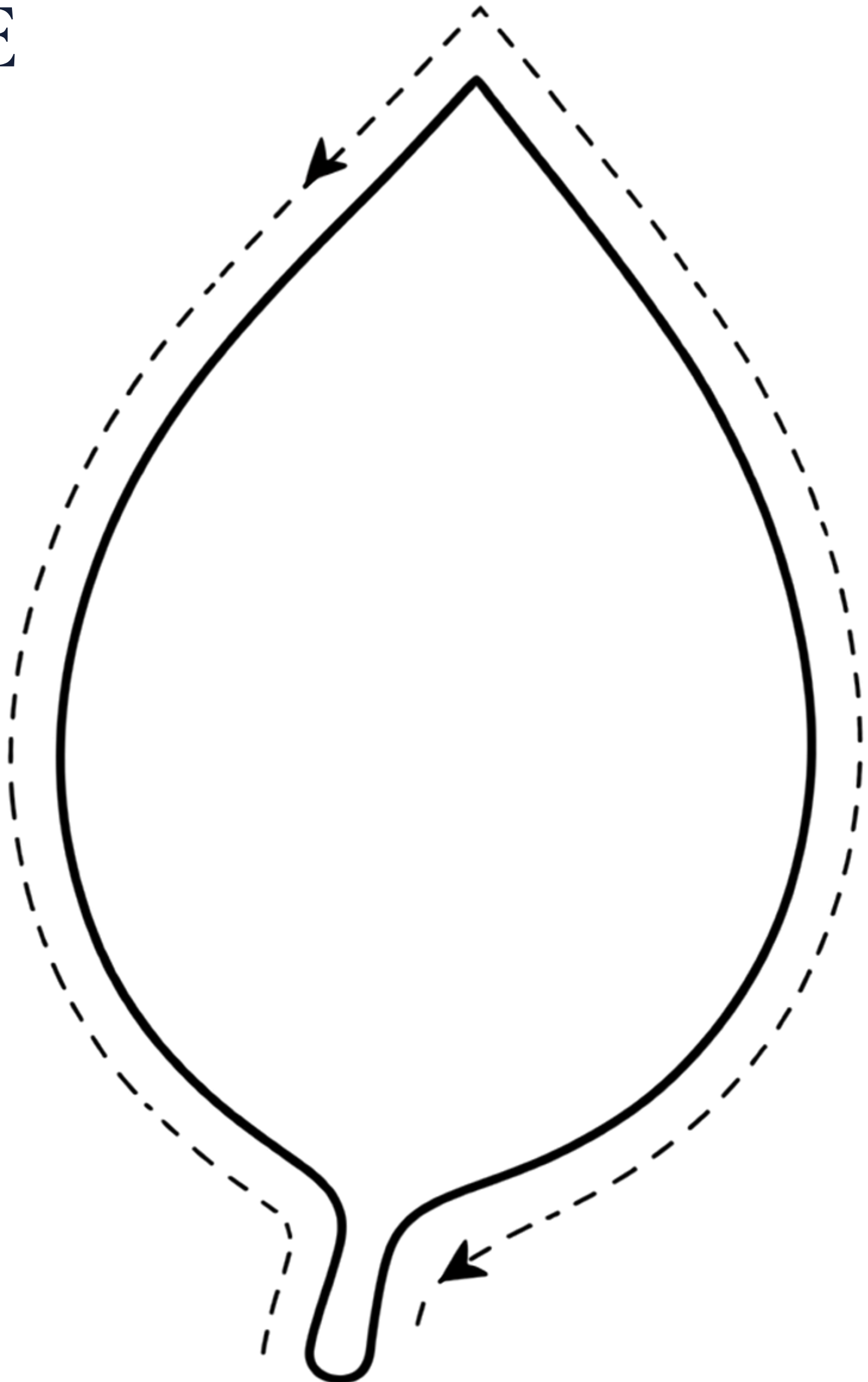
Breathe in on
one side.



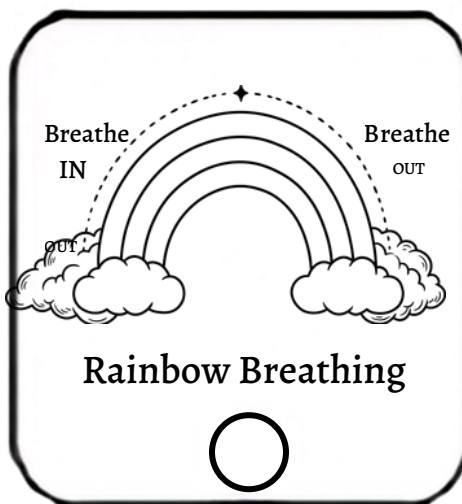
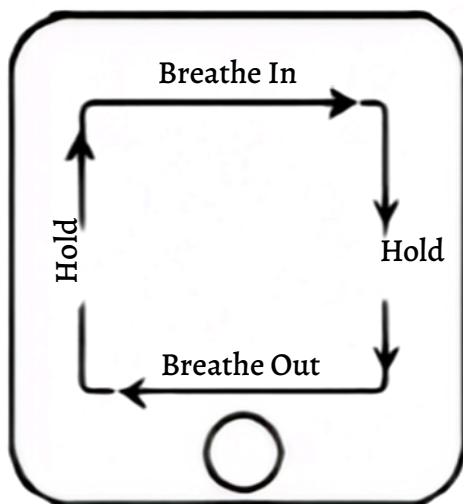
Breathe out
on the other.



Color the leaf
afterward or draw
your own leaf.



I Can Find My Calm



I can feel my feelings AND find my calm.

Brave Looks Like Me

Draw your brave self here

I am what brave looks like

Being brave means



Speaking Up

I can speak up when



Helping a Friend

I can help when



Thinking First

Before I act I can

I am brave enough to make kind and calm choices.

We Are All Connected

I am special
because __

You are special
because __

I can show care for
my neighbor by __



**We are different. We are the same.
We belong together.**

Brave



and
Kind



You Did It. Keep Going.

A Note For You

You did something really important today.

You colored. You wrote.

You breathed.

You thought about your feelings.

You thought about other people.

That takes courage.

That takes kindness.

That takes YOU.

This book is yours to keep.
Come back to it whenever you need
a reminder of who you are.

Kind. Calm. Brave.

The world needs exactly you.

A Note For Families

Thank you for being part of this journey.
These pages are just the beginning.

Every conversation,
every quiet moment,
every time you say 'I see you' to your child
that is Social Emotional Learning (SEL) in
action.

You do not need special tools or training.
You just need patience, curiosity and love.
You already have all three.

Keep going. Keep connecting.
Your child is watching and growing
because of you.

WAYS TO KEEP CONNECTING



FEELINGS CHECK IN

Ask each other —
how does your heart
feel today?



Hand Breathing

Trace your hand together.
Breathe in going up around
finger and breathe out going
down.



Kindness Challenge

Find one way to show
kindness today.
Tell each other about it.

Brave Moment

Share one brave thing
you did today —
big or small.

Nature Calm

Go outside together.
Find something
beautiful. Notice it.

Write A Note

Leave a kind note
for someone you love
to find today.

Brave

Calm

Kind

