

October is a great time to encourage children to be **brave, curious and willing to try new things**. Small challenges, such as trying something new, speaking up or having another go, help build **confidence and resilience**.

Try It Together: The Bravery Jar

Create a “**Bravery Jar**” at home or in the classroom. Each week, children write down **one courageous thing they have done** and add it to the jar.

This could be trying something new, asking for help, joining in or having another go at something tricky.

At the end of the month, read the notes together and celebrate everyone’s courage!

Breathe & Move

Lion’s Breath:

Breathe in through your nose, then open your mouth, stick out your tongue and breathe out with a gentle “**ROAR!**” Repeat 2-3 times to release tension.

Try these courage-inspired poses:

 **Warrior I** - courage

 **Plank** - strength

 **Tree Pose** - grounding

 **Hero Pose** - confidence

 **Child’s Pose** - security

Remind children: **being brave doesn’t mean never feeling nervous - it means having a go even when something feels challenging.**

This Month’s Mantra

“I can be brave. I can try new things. I can have another go.”

Small steps can lead to big changes in confidence.

For more tips and fun activities, feel free to reach out! • info@kidsloveyoga.org.uk • If you’d like your child to join our yoga club in your school, you can book a place for them here:

<https://www.kidsloveyoga.org.uk/book-your-childs-place>