

Be Brave

Coach Talk:

Being brave means that you are willing to try new things even though you may fail or not be the best at what you're attempting to do.

- What would you do if you were not afraid to fail?

Being brave also means that you're not afraid to stand up for others or do the right thing. Sometimes your friends need for you to stand up for them when others are bullying them or saying mean things about them.

- Is there someone you know that you need to stand up for and be their friend?

Story:

Sometimes Drew got frustrated when he couldn't perform a new skill right away. He understood that skills are developed through effort, concentration and patience. But he thought, "What if I spend all of my time practicing to learn the new skill and then others can do it better than me?" Drew's father explained to Drew that he should never compare himself to others. He should only be concerned with being the best that he could be. If he practiced with effort and concentration, surely he would improve. He should use his own self-improvement for motivation to keep working hard to reach his goal. This made sense to Drew but it was still hard not to compare himself to others.

- Do you think that Drew should compare himself to others? Why or why not?

Parents' Corner:

Children really need to be encouraged to take risks. They are often so afraid of failing (and what that may say about them), that they avoid the challenge of trying new and difficult things. Being brave also means that you give your very best effort, even if it means you may not be the best. The goal is being the best that you can be.

The greatest players in sports are not afraid of failure. Michael Jordan was arguably the greatest basketball player of all-time, yet 26 times in his career he missed a shot as the buzzer sounded and time expired and his team lost the game. The great athletes are not afraid to take a risk. In fact, they often push themselves to the edge of their ability – always working to get better. You'll never know what your true potential is if you're afraid to risk failure. As parents we all need to encourage the effort and learning that comes from making mistakes. With a Growth Mindset, failure becomes a learning opportunity. Just think if Thomas Edison or Abraham Lincoln had been afraid of failing!