

Word Scramble

It is not always easy to be brave. Here are some other words that match what it means to be brave but they are all mixed up! Can you unscramble them?

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answers: fearless, courage, heroism, spirit, grit, daring, fortitude



June 23, 2024

Youth Bulletin - Bravery



Mark 4:40-41

⁴⁰ He said to them, “Why are you afraid? Have you still no faith?” ⁴¹ And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

Bravery

Aakwa'ode'ewin (in Lkwungen'athun)

Commonly referred to as “Bravery” or “Courage.”

Bravery is represented by the **bear**. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play.

To face life with courage is to know bravery.

Find your inner strength to face the difficulties of life and the courage to be yourself. Defend what you believe in and what is right for your community, family and self. Make positive choices and have conviction in your decisions. Face your fears to allow yourself to live your life.

To do what is right even when the consequences are unpleasant.

Draw a picture of yourself when you were being brave:



Artist: Michelle Stoney

The Sooke Teacher's Association's *Seven Sacred Teachings* document is the source for the image and text about bravery in this bulletin. They serve four Nations, including Beecher Bay Sc'ianew Nation, T'Sou-ke Nation, Nuu-chah-nulth Pacheedaht Nation and the Métis Nation of Greater Victoria. This teacher resource can be found at <https://sooketeachers.org/>

“The Sooke Teachers' Association acknowledges and expresses gratitude to the Lkwungen People, also known as the Songhees and Esquimalt First Nations, for providing [them] with the opportunity to work and learn on their unceded traditional territories. Lkwungen means “Place to smoke herring”, Lkwung means “to smoke herring” and Lkwungen'athun refers to the language of the land. We give thanks to the ancestors, leaders, Elders and youth for caretaking these lands since time immemorial and generously sharing the cultural teachings of this beautiful place.”