

Name: _____

Bravery Reflection



Bravery means having the courage to face challenges, even when you feel afraid. People can show bravery in different ways.

Physical Bravery

Physical bravery happens when someone risks their safety to help others. Firefighters, police officers, and soldiers are examples of people who show this type of bravery.

Psychological Bravery

Psychological bravery is about facing difficult feelings or personal struggles. For example, talking about your fears or asking for help when you are sad takes this kind of bravery.

Moral Bravery

Moral bravery means standing up for what is right, even when others might not agree. A student who speaks out against bullying, even if their friends don't, is showing moral bravery.

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Preview

Please log in to download the printable version of this worksheet.

2. Have you ever faced difficult feelings or personal struggles? Write about a time when you showed **psychological bravery**. How did you feel?

3. Have you ever stood up for something that was right, even when others didn't agree? Write about a time when you showed **moral bravery**. How did you feel?
