

Daily B.R.A.V.E. Actions

Be Kind and Courteous: Offer a genuine smile, hold the door for someone, or use polite words.

Offer Respect: Acknowledge and value everyone you meet, regardless of background or appearance.

Be Courageous and Stand Up: Speak up when someone looks sad and ask if they need help.

Include Everyone: Make an effort to invite others or talk to someone new. Be a trusted friend and help others feel included.

Help Others In Need: If someone is hurt, sad, or needs help, tell a trusted adult.

Apologize Sincerely: If you make a mistake, look the person in the eye and offer a true apology.

braveamerica.org

B.R.A.V.E.

Building Respect and Values for Everyone

*Caitlin Brown's
B.R.A.V.E. Pledge*

Today I pledge to be a B.R.A.V.E Empowerment Ambassador, who treats others with respect, kindness, I promise to be compassionate, courageous, and to help others in their time of need. I will accept others for who they are because it's okay to be different. Today I will stand up for my friends, my family, and others because I am B.R.A.V.E.



☀️ Take the B.R.A.V.E. Pledge with Me ☀️

Do you want to help make your school, bus, or neighborhood a kinder place? Make your own B.R.A.V.E. Pledge Card. It is a small card you can carry to remind you to be kind, respectful, and brave every day.

✂️ How to Make Your Pocket Pledge Card

1. Download and print the B.R.A.V.E. Pledge and Daily Actions page.
2. Cut it out carefully.
3. Glue or tape it to a 3 x 5 index card or another piece of sturdy paper.
 - Keep it with you:
 - In your pocket
 - In your backpack or lunchbox
4. As a bookmark in your favorite book
5. Read it every morning and choose one B.R.A.V.E. action to do that day.

♥️ Why Carry It With You

Being B.R.A.V.E. is not just something you say. It is something you do.

Your card helps you remember to:

- Smile at someone who needs a friend
- Stand up for others
- Be kind, even when it is hard
- Include someone who feels left out
- Say sorry when it matters

📸 Bonus Idea

After you make your B.R.A.V.E. card, take a picture of it or of you holding it. If you have a parent's permission, you can share it to help other kids join the B.R.A.V.E. movement too.