

# Brave Spaces

**Activity:** Create your own Brave Space

Many animals have special places they use to sleep, stay warm, or to feel safe. Do you have a special place in your home that you like to be? If you don't, maybe you can create one like the animals below. This can be your Brave Space; a place that you go when you need to be calm, think or spend time with your Connection Zoo® animals.



Squirrels dig underground caves to stay warm and black bears like to find caves or hollowed out trees to hibernate in. You can create a cave-like Brave Space with a blanket and furniture or a large box.



Tortoises like to be in dark spaces underneath something to be safe. Octopuses also like small spaces under rocks. Is there an underneath space in your house that can be your Brave Space?



Emperor Penguins huddle together to keep warm, so do puppies and piglets. They don't have blankets, so they get close to each other to feel warmer. Is there someone (person or animal) you can huddle (or cuddle) with under a blanket to feel safe and warm?



Rhinos like to sleep under trees (they sometimes sleep standing up!). Is there a tree or other plant that you like to sit by?

When you want to feel brave you can say to yourself, "**I am brave and strong!**" Even if you don't feel that way, saying this to yourself will help you feel braver.

