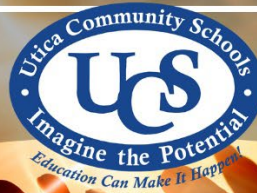


# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

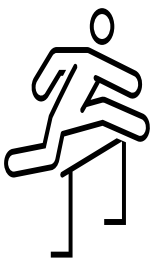
## Monthly Theme: **Get Courageous** Week 4: **Go on an Adventure**



“Every time we are brave, we make those around us a little braver.” – Brene Brown, American Author and Motivational Speaker



How does recognizing the COURAGE around us show us how and why we MATTER?



My COURAGE Can...

Have you and your family express their COURAGE through poetry. Use the sentence frame, “My Courage Can...” and identify what their COURAGE has helped them do and achieve.

Then share your “My Courage Can” poems with one another.



[www.uticak12.org/UCS\\_Wellness](http://www.uticak12.org/UCS_Wellness)

