

COURAGE



**Start
With
Sorry**

Week 1

Courage to Care

Empower

Courage isn't only about big heroic actions; it also shows up in everyday family life. It takes courage to admit when we've made a mistake, to say "I'm sorry," and to work on repairing relationships at home. Even when it feels difficult or uncomfortable, choosing to be brave by starting with sorry strengthens trust and connection within the family.

This week, focus on noticing and celebrating the small but powerful moments when family members show bravery by owning mistakes and making things right.

Discussion: Bravery & Apology Bowl

1. Gather a bowl, bag, or container and slips of paper.
2. Have each family member write or draw an example of a time when someone in your family was brave by apologising or trying to make a situation better—even when it was hard to do.
3. Place all slips into the bowl.
4. Take turns drawing one slip, reading it aloud, and discussing using these questions:
 - What do you think made it hard for that person to say sorry or fix the problem?
 - How do you think their courage helped the family or person involved?
 - Can you share a time you felt brave by apologising or fixing something at home?
5. Continue until all answers have been shared.



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Journaling

Choose one or more:

- **DRAW:** Illustrate a moment when someone in your family showed courage by apologising or fixing a mistake.
- **DO:** Write a thank-you note to someone in your community (teacher, healthcare worker, family member) for their everyday courage and hard work.
- **WRITE:** When you think of courage, what images or words come to mind? Does courage always have to be loud or big? How do small acts of bravery—like apologising or saying “I’m sorry”—compare?

Gentle Action:

This week, pay attention to the brave moments in your family:

- When someone admits a mistake or apologises, say, “That was really brave of you. I’m proud of you.”
- Try to find one small way you can be brave by starting with sorry or fixing something that’s been overlooked.

Remember, courage to care makes families stronger and relationships deeper—one apology and one kind action at a time.

