Dear \_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s ELF SKILLZ Lesson is all about Bravery – Try Something New!

Do you know what bravery means? It means to face your fears…

When you are brave, you are not afraid to try something new.

Let’s try a game to see if you know how to be brave!

Do you need to be brave to…

* Try riding a bicycle on your own?
* Brush your teeth?
* Try a new vegetable and eat at least half of what is one your plate?
* Learn to tie your shoe for the first time?

Today I challenge you to try something new, which requires you to be brave!

If you accomplish this task, then you will get 5 points, and remember, when you have 20 points you get a prize!