

My Courage Has a Name

Companion Guide for Parents, Educators & Caregivers

This companion guide was created to support meaningful conversations, emotional connection, and gentle reflection inspired by *My Courage Has a Name* from the Little Soul Series by Sally Riley.

“Courage grows every time we try again.”

Themes Explored

- Bravery
- Confidence
- Growth
- Resilience
- Self-belief

Conversation Starters

- What does courage mean to you?
- When did you feel brave recently?
- What can you do even when something feels hard?
- Who helps you feel brave?

Activities

- Create a courage crown.
- Write down brave moments in a journal.
- Practice trying something new together.
- Draw a picture of your brave self.

Calming Affirmation

My courage grows every day.

Reflection Space

Thank you for sharing these gentle moments of connection and emotional growth together. For more books and free emotional wellness resources, visit: **mylittlebook.ca**