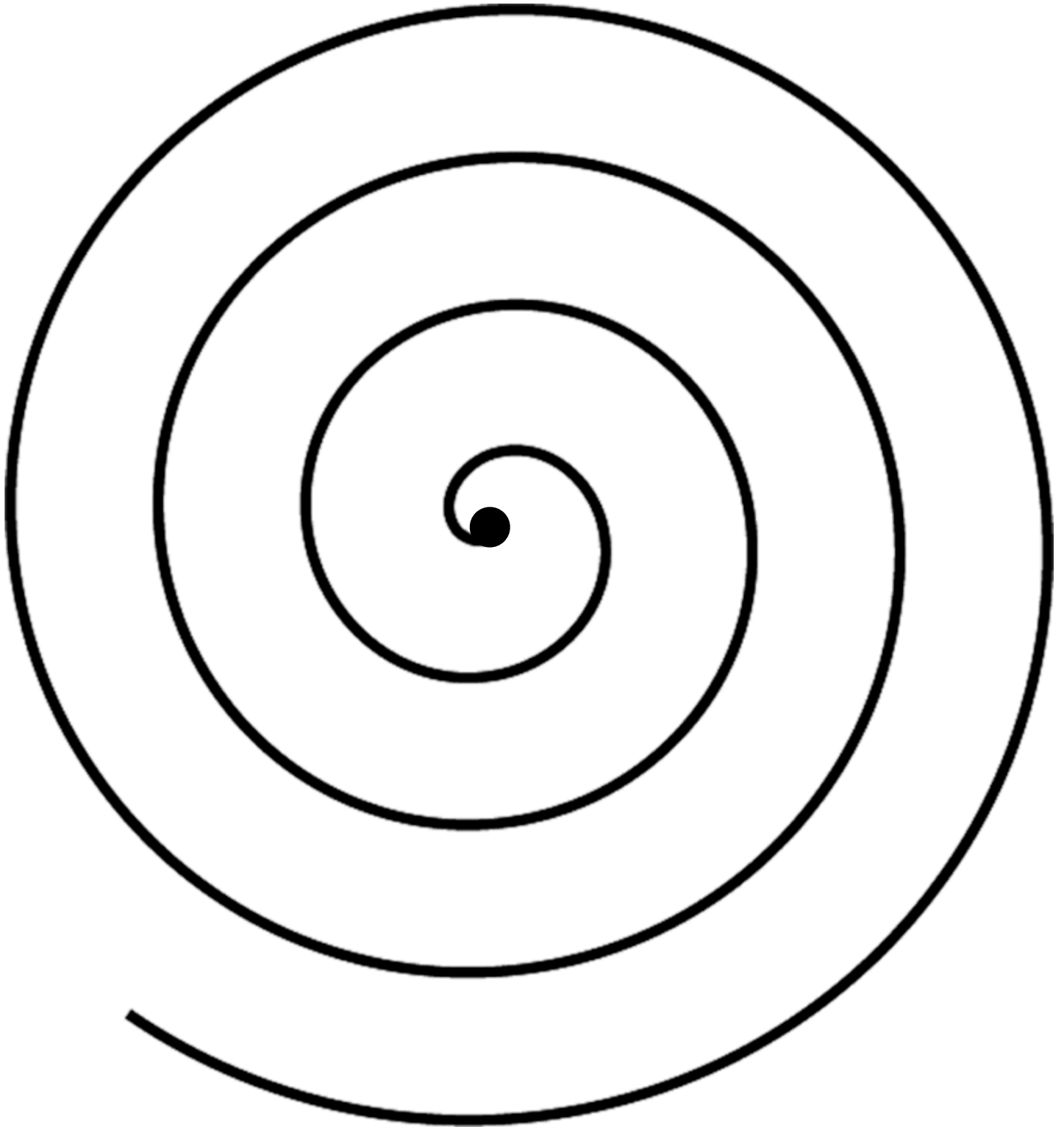


My Spiral of Courage

Instructions: Beginning at the centre, write down the courageous things that you have done. Start with the small things, and continue with the bigger and bigger acts of courage. When you have written them down, colour your spiral and cut it out on the solid line.



When you have cut out your spiral, poke a hole in the dot in the centre. Thread a string through the dot and tie a knot. Hang your spiral upside down so that people can read about your journey of courage.