



**Are you
BRAVE?**

ARE YOU BRAVE?

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About This Project

The Picture Book Program 2018 is a partnership between two branches of the City Communities Group within the City of Melbourne – Community Services (Family Services) and Arts Melbourne (ArtPlay). The program is designed to engage families from within the municipality. It aims to encourage an awareness and enjoyment of literacy and the creative process, in a fun and supportive environment.

The illustrations and text in this book were created by the attending families, using everyday materials, curiosity, and experimentation. The result is a book to be enjoyed again and again.

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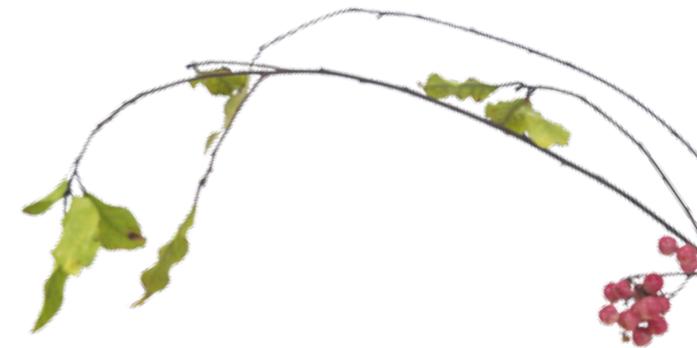
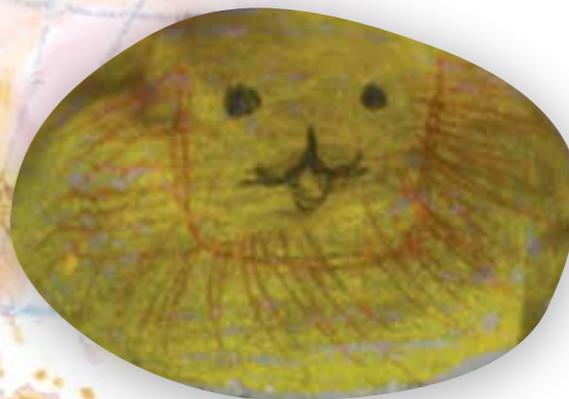
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Are you BRAVE?





**These brave lions are off to explore.
They say, 'Yes to adventures!
Roar roar roar!'**





**These brave lions
tell their friends, 'No!
Strong and safe,
home to bed we go.'**





So what do you say?
Which way will you go?



Because it's
brave to say,

'Yes!'

and it's brave to say,

'No!'





**Does your heart feel warm and happy?
Are you brave and bright and snappy?**



**Or are your hands and knees quite shaky?
Is your tummy sick and achy?**





What do you say,
when your body
says, 'uh oh!''?

Is it time to say,
'Yes'?



Or is it time to say,
'No'?





**When the cat scritch-scratches
or a friend snitch-snatches,**



**when there's some super-high jumps
or your lunch has lumps,
when the fire alarm clangs
and your heart goes pang!**



What do you say?
I can't guess,



Because it's
brave to say,

'No'



and it's brave to say,

'Yes'



**Is something
really hurting?
Does your heart
feel like it's bursting?**



**Can you do it
by yourself?
Or will you say,
'yes' to help?**



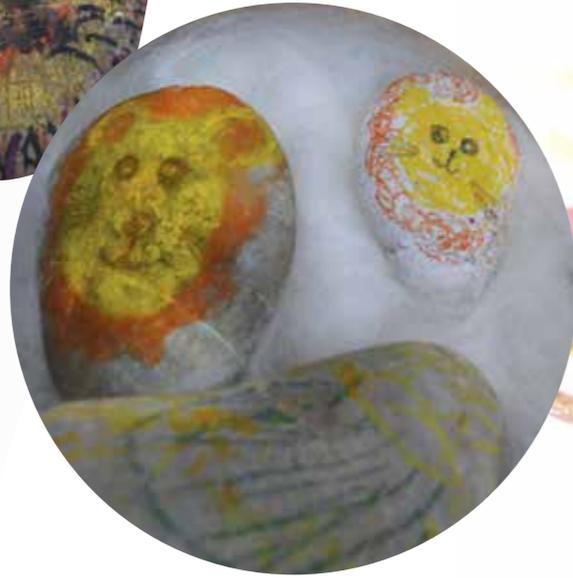


**Mumma offers
snuggles,
Papa offers
cuddles,**



**Auntie offers kisses,
Teacher really,
really listens.**





**My brave little lion,
what do you say?
My big brave lion,
your choice is best.**



*Do you want
to roar out,*

'No'?

or do you want to roar,

'Yes'?



Activities



ROCK CREATURES

You will need

- Smooth stones
- Coloured pencils
- Wax crayons

Choose some of these

- Small twigs and leaves from outside
- Gumnuts
- Pinecones

Instructions

- Collect some round, flat stones with a smooth surface
- Draw the face of your favourite animal, person, or magical creature with the crayons and pencils
- Place your rock creature in the garden or a plant pot
- Use your imagination to create a natural environment for your rock creature using twigs, leaves, gumnuts and pinecones

ROLLING PRINTS WITH NATURAL INKS

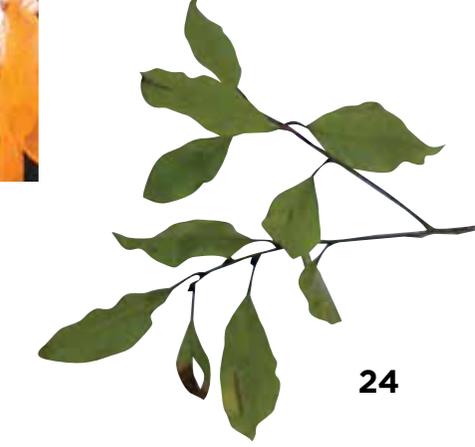
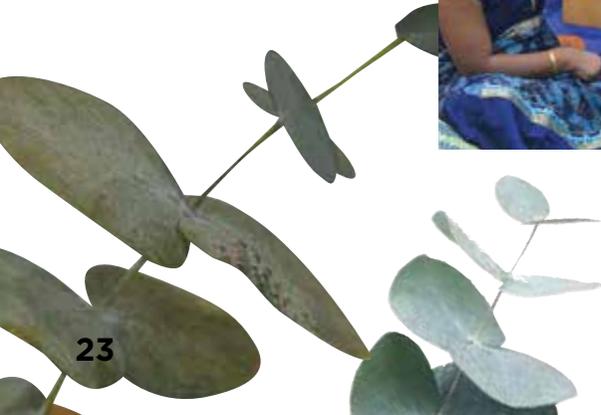
You will need

- Paper
- Ping pong balls or similar
- Mortar and pestle
- Sieve
- Juicy fruit and vegetables such as spinach, beetroot ends, raspberries, or blueberries

Instructions

- Grind the vegetables and berries in a mortar and pestle
- Strain the vegetable and berry juice through a sieve
- Dip the balls into the vegetable inks
- Roll them across the paper to create interesting patterns







**When the cat scritch-scratches
or a friend snitch-snatches,
when there's some super-high jumps
or your lunch has lumps,
when the fire alarm clangs
and your heart goes pang!**

**What do you say?
Which way will you go?
Because it's brave to say, 'Yes!'
and it's brave to say, 'No!'**

'Yes'?

'No'?

**When children
are supported to express
themselves, they grow
in confidence to be
brave and speak up.**

**Use this book to reflect
with your child on being
brave and staying safe.**

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melbourne.vic.gov.au/childsafety