

Are You Brave?

# Picture Book Program

## Developed by ArtPlay and Family Services as part of the Picture Book Program.

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!’

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.

# The families who made this book

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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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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

## 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

## 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