

COURAGE BOX

The idea:

Build a courage box by collecting a variety of objects that can help give you a boost of courage when you need it most. You can choose images, words and objects that remind you of a time you felt extra great, a note to yourself or maybe it is a special coin that brings you luck.

Suggested materials:

For the box itself, it can be anything you might find around the house: A shoebox, pencil case, paper jewelry box, a tin or even a plastic bag that closes.

Art supplies: Scissors, glue, markers, pens, and pencils.

Extra materials can include: Stickers, magazines (that are ok to cut up!), glitter, colorful paper or scrapbook papers, plus the downloadable Rebel Girls support materials included here.

Assembling your Courage Box:

You can make a bigger box full of bigger things or make it pocket size so you can always have it nearby. It is completely up to you! Your box can have a theme or it can just be a general reminder of what gives you courage. You can decorate the outside and even the inside, add photos or cut inspirational pictures out of a magazine. What matters most is that the courage box will be something that will inspire YOU. Once you are finished decorating the container you can fill it with inspiring items. Then open it up whenever you need a boost of courage!

This was made using
and empty metal
mint container.





I CAN DO IT!

STAY POSITIVE



*** DARE TO BE *
the Real You!**



CONFIDENCE BOOST



I CAN DO IT



i am STRONG!

**REMEMBER YOURSELF
of Your Strengths**



I CAN.



**Confidence
is
CONTAGIOUS**



i am * * *

DARING

BRAVE

A FRIEND

ENOUGH

UPBEAT

INSPIRED

POSITIVE

STRONG

AMBITIOUS

CONFIDENT

GOOD

COURAGEOUS

DEPENDABLE

CARING

BOLD

HELPFUL

DETERMINED

GROWING

ADVENTUROUS

TOUGH

FEARLESS

SHY

I FEEL...

HOPEFUL

CONNECTED

BOLD

ENERGETIC

SECURE

OPTIMISTIC

MIGHTY

PLAYFUL

POSITIVE

BUILD

COURAGEOUS

FIERCE

CONFIDENT

CREATIVE

I WILL...

DANCE

CODE

RUN

LEAD

GROW

NURTURE

DREAM

CELEBRATE

CARE

BUILD

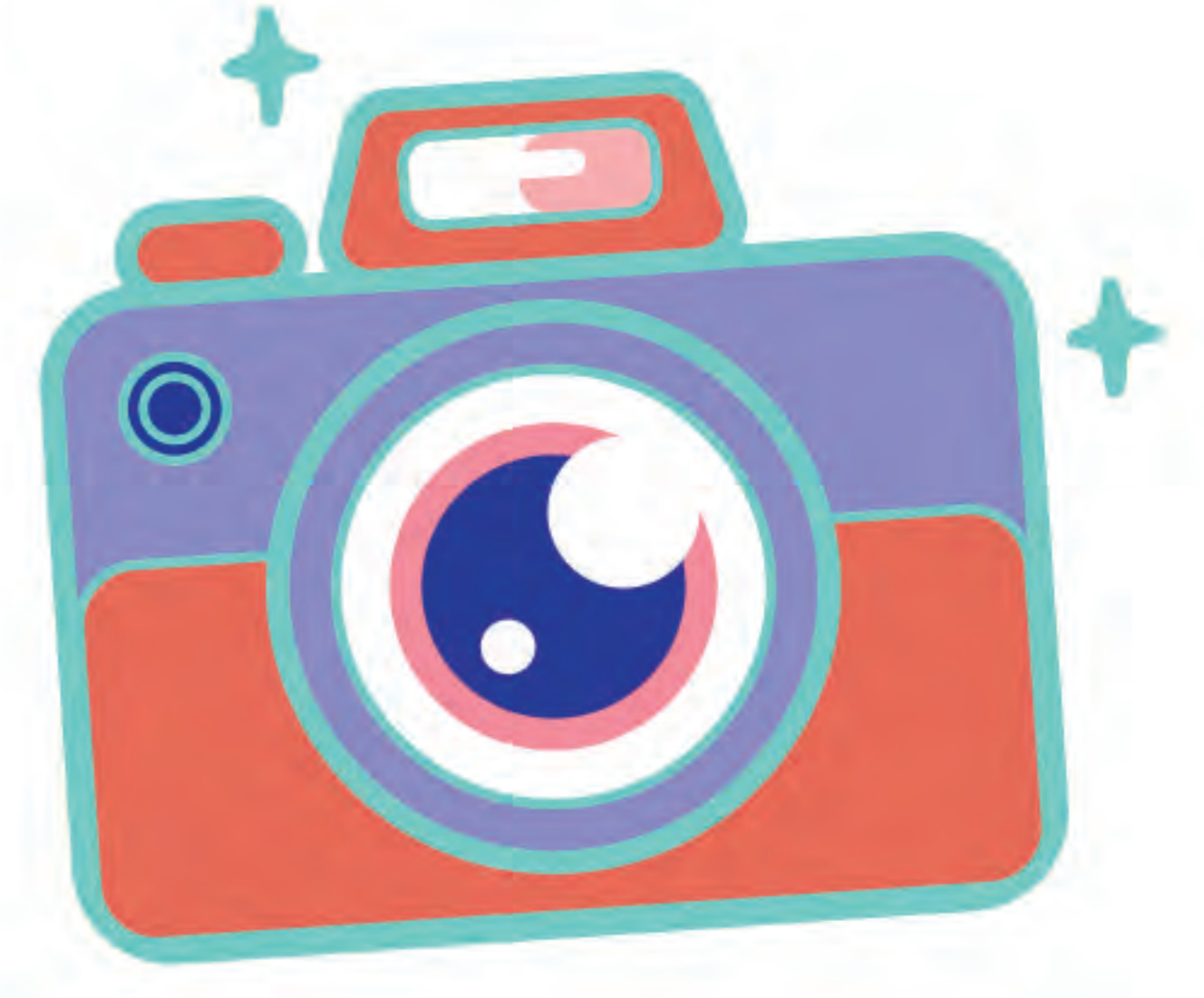
LAUGH

CREATE

EXPLORE

LEARN

my COURAGE BOX ⚡

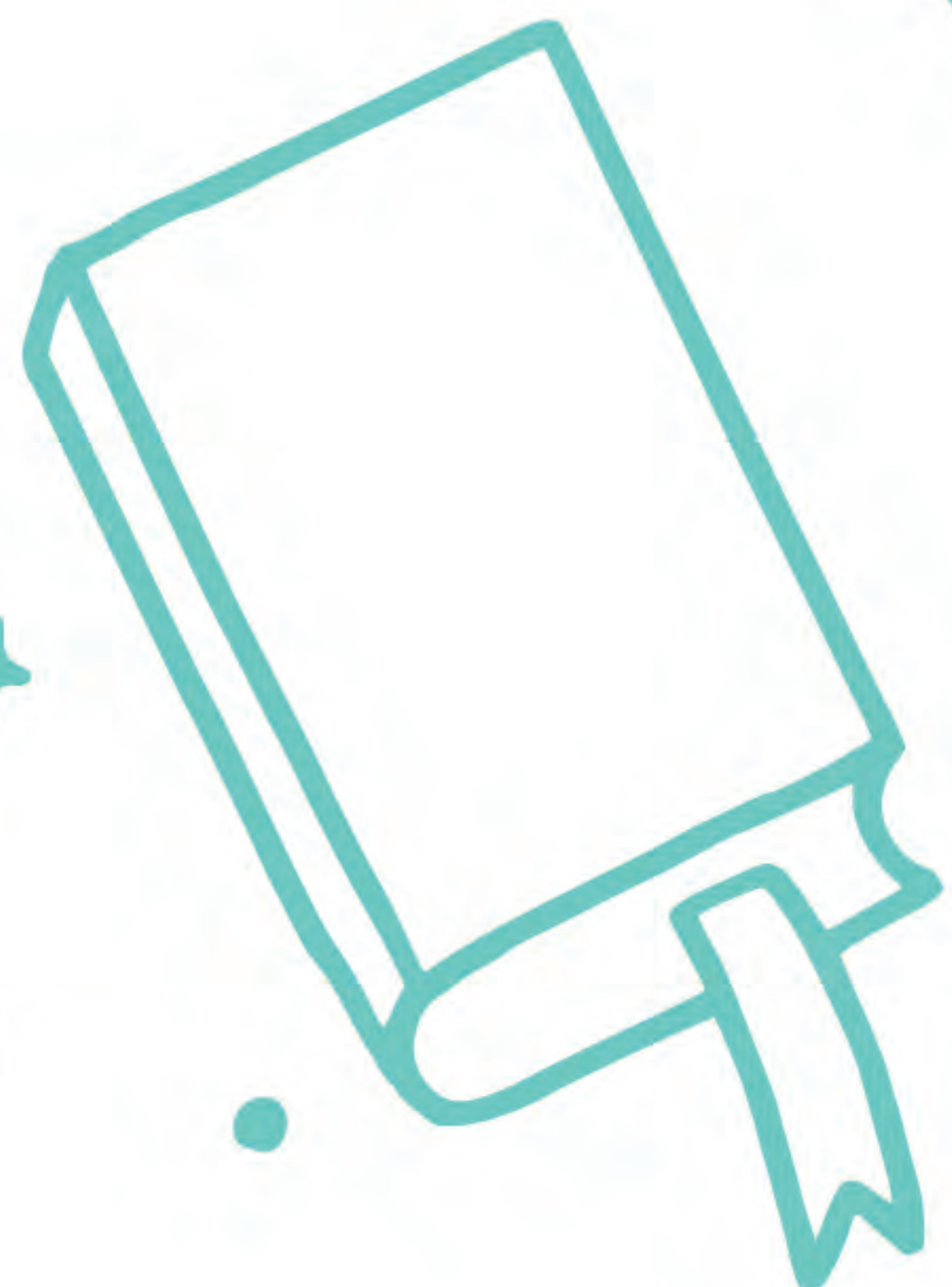


COURAGE ⚡ CONFIDENCE
REBELGIRLS

STAY REBEL



AIM HIGHER



Dream Bigger

