

Daily Dad COURAGE

A DAILY DOSE OF DADDY

Ages 9–12

DOSE 4 OF 365

How do you feel today? Circle yours · Dad ★ yours

Brave isn't "not scared." It's going anyway.

Dad reads the start (then you finish the story)

Story time: Sam signed up for the talent show weeks ago. Now it's Friday. From behind the curtain, Sam sees the gym is packed. Sam's hands are sweaty, and the song words feel blurry. The kid before Sam finishes, and everyone claps. Then the teacher calls Sam's name...

Did you know? Epictetus, who said the Wise Words below, was born enslaved. He became one of the best-known teachers in the Roman world.

Finish the story (write it, then read it to Dad)

My ending

Sam _____

The scary part was _____

Sam was brave by _____

Afterward Sam felt _____

Brave tools (circle one to try)

- Big breath
- Say it: "I'm nervous."
- Stand tall
- One small step
- Ask for help
- My idea:

LET'S TALK: When did you feel scared but do it anyway?

1. **Dad goes first.** Go first: "My first big speech. My knees shook."
2. **Kid goes second.** Tell yours, and what helped you go.

DAD JOKE OF THE DAY

What do you call a bear with no teeth?

A gummy bear!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *"It is difficulties that show what men are."* — Epictetus