



BE BRAVE

May 2026
Kids Assembly Topic



KIDS ASSEMBLY TOPIC FOR THE MONTH OF MAY

TITLE:

Be Brave

OBJECTIVES:

At the end of the Kids Assembly, MFC Kids will be able to:

1. Understand what being brave means
2. Identify situations that happening in their life
3. Learn to try new things

MOTIVATION:

A. Activity: BRAVERY STATION!

1. Roar Like a lion

Instructions:

- Kids must stand tall, take a deep breath and roar loudly.

2. Trust Walk

Instructions:

- One child closes their eyes while a partner gently guides them across a short path.

Processing:

The activity will teach the children to be brave, to open and to trust the people around them.

EXPANDED OUTLINE

I. HEAD

Being brave means facing and doing what is right, even when you think it is hard. Sometimes, doing the right thing feels scary. Your heart might beat fast, your hands might feel shaky, or you might want to hide. But bravery is not about being big or strong—it is about choosing good actions even when they feel uncomfortable. But how can you be brave?

II. HEART





“When I am afraid, I put my trust in you.” Psalm 56:3

1. Take a deep breath and pray

Being brave does not mean you are never afraid. It means you choose to trust God when you are afraid. You can pray, take a deep breath, and ask God to help you be strong and kind. When you trust God, you know that He will guide you, protect you, and help you make good choices.

2. Tell yourself “I can try”

Telling yourself “I can try” means believing that you don’t have to be perfect—you just have to give it a try. When something feels scary or hard, your mind might say, “I can’t do it.” But being brave means changing those words to “I can try.” Saying “I can try” helps you take the first small step. It reminds you that it’s okay to make mistakes and okay to learn. You don’t have to know everything—you just need the courage to begin.

3. Telling the truth

Be brave when you need to tell the truth, try something new, or stand up for others.
Even if your heart feels nervous, you can say, “God is with me, so I can be brave.”



III. HAND

A. Kids at Play (3-5 years old)

Activity: I am brave because of Jesus (Appendix A)

Materials:

- Coloring materials
- Printed Activity Sheet

Instructions:

- Choose your coloring materials
- Color the I am brave because of Jesus

B. First Step (5 - 7 years old)

Activity: Bravery Badges (Appendix B)





Materials:

- Printed Activity
- Scissor
- Pencil / Pen
- Coloring materials

Instructions:

- Cut the 5 bravery badge
- Write BRAVE in the middle
- Color the badges

C. Footsteps (8-10 years old), and Step Up (10-12 years old)

Activity: I am brave because (Appendix C)

Materials:

- Pen
- Printed Activity Sheet
- Scissor

Instructions:

- Add your name on the cloud below.
- Write 6 reasons that you are brave in the coloured strips.
- Cut and create a rainbow rain

TAKE AWAY

Always remember, MFC Kids! Brave kids are not perfect kids. Brave kids are kids who try, care, and always choose what is right even when it's hard.

CLOSING PRAYER

Dear Jesus,

Thank You for being with us. Help us be brave when things are hard. Help us do what is right and try our best. Thank You for loving us. Amen.





RECITATION OF MFC KIDS PROMISE

1. I will imitate Jesus.

- I will pray to God and read the Bible every day.
- I will make Jesus as my role model by obeying rules and doing good in school.


2. I will be a good family member.

- I will be a good son/daughter to my parents by obeying and respecting them.
- I will be a good sister/brother to my siblings through sharing and supporting them.

3. I will be an active member of MFC Kids

- I will always attend and participate in all MFC Kids activities.
- I will share my time, talents, and treasures to others especially to my brothers and sisters in MFC Kids
- I will love, respect and be loyal to my MFC Kids family.

4. I will tell others about Jesus.

- I will love my brothers and sisters, relatives, and friends by doing good deeds every day that will reflect God's love.
 - I will serve in our Parish Church.
 - I will love the poor by sharing what I have with them
- 



Dear Parents/Guardians,

Being brave is an important lesson for children, and it means more than just facing big challenges. For kids, bravery often shows up in small but meaningful ways—like trying something new, speaking up, telling the truth, saying sorry, or standing up for a friend.

As parents and guardians, you play a key role in helping children develop courage. Encourage them when they take small steps, celebrate their efforts (even if they don't succeed at first), and remind them that it's okay to feel scared.

Here are three ways you can help your child develop bravery:

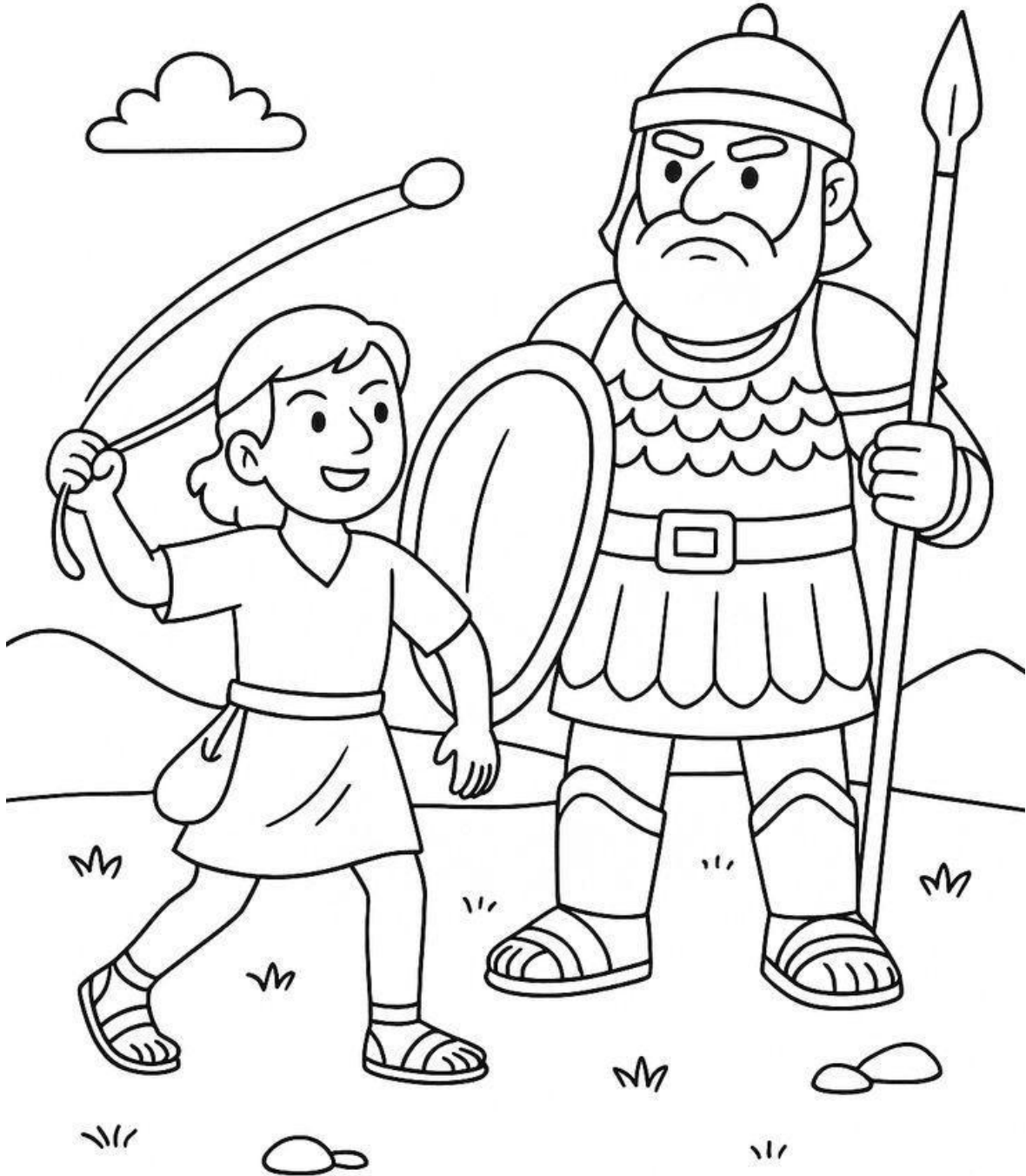
- 1. Encourage Effort, Not Just Success**
Celebrate when your child tries something new, even if it's hard or doesn't go perfectly. Saying "I'm proud of you for trying" helps them see that bravery is about effort, not only results.
- 2. Model Bravery**
Share your own experiences of being brave—whether it's speaking up, trying something for the first time, or admitting a mistake. Children learn courage by seeing it in the adults they trust.
- 3. Support Them Through Fear**
Remind your child that it's okay to feel scared, and guide them to take small steps forward. Encouraging phrases like "I can try" or "God is with me" help children face fears with confidence.

The MFC Kids Servants

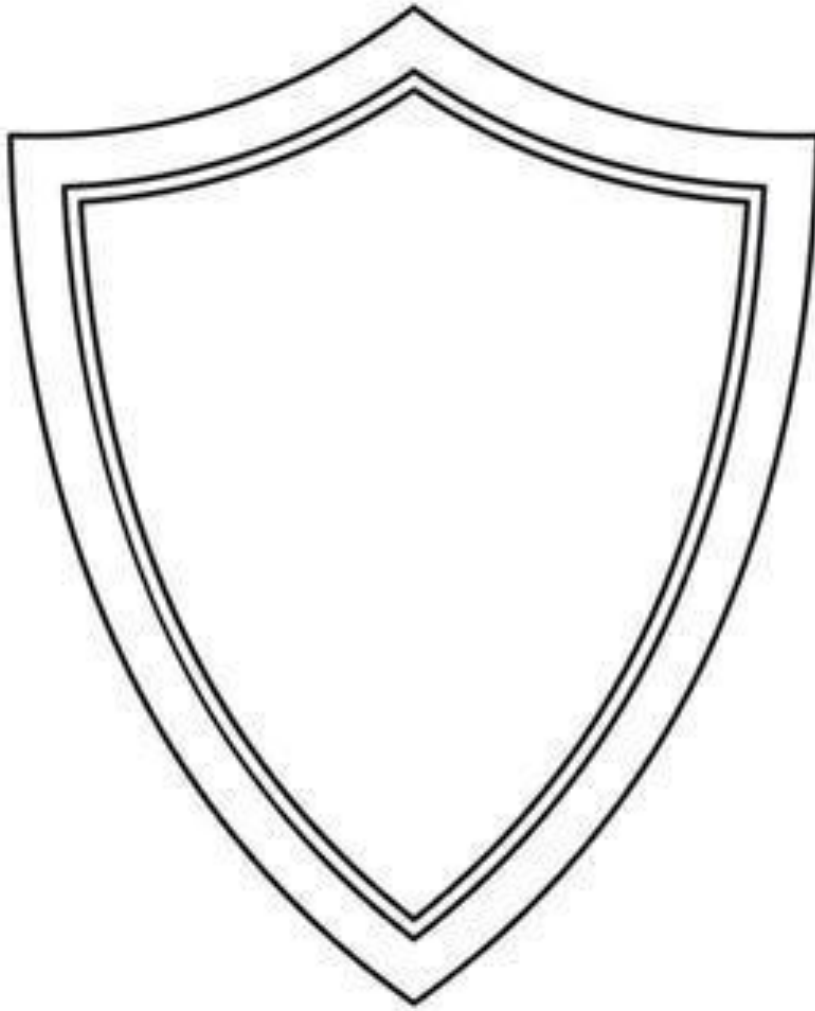


APPENDIX A

I AM BRAVE BECAUSE OF JESUS



APPENDIX B





APPENDIX C



I am Brave because...

Can you write your name in the cloud below and add 6 reasons that you are brave in the coloured strips. Then, cut and stick to make a beautiful rainbow rain!



Share your outcome on social media using #HugABug

