

**WE LOVE A
CHALLENGE!**





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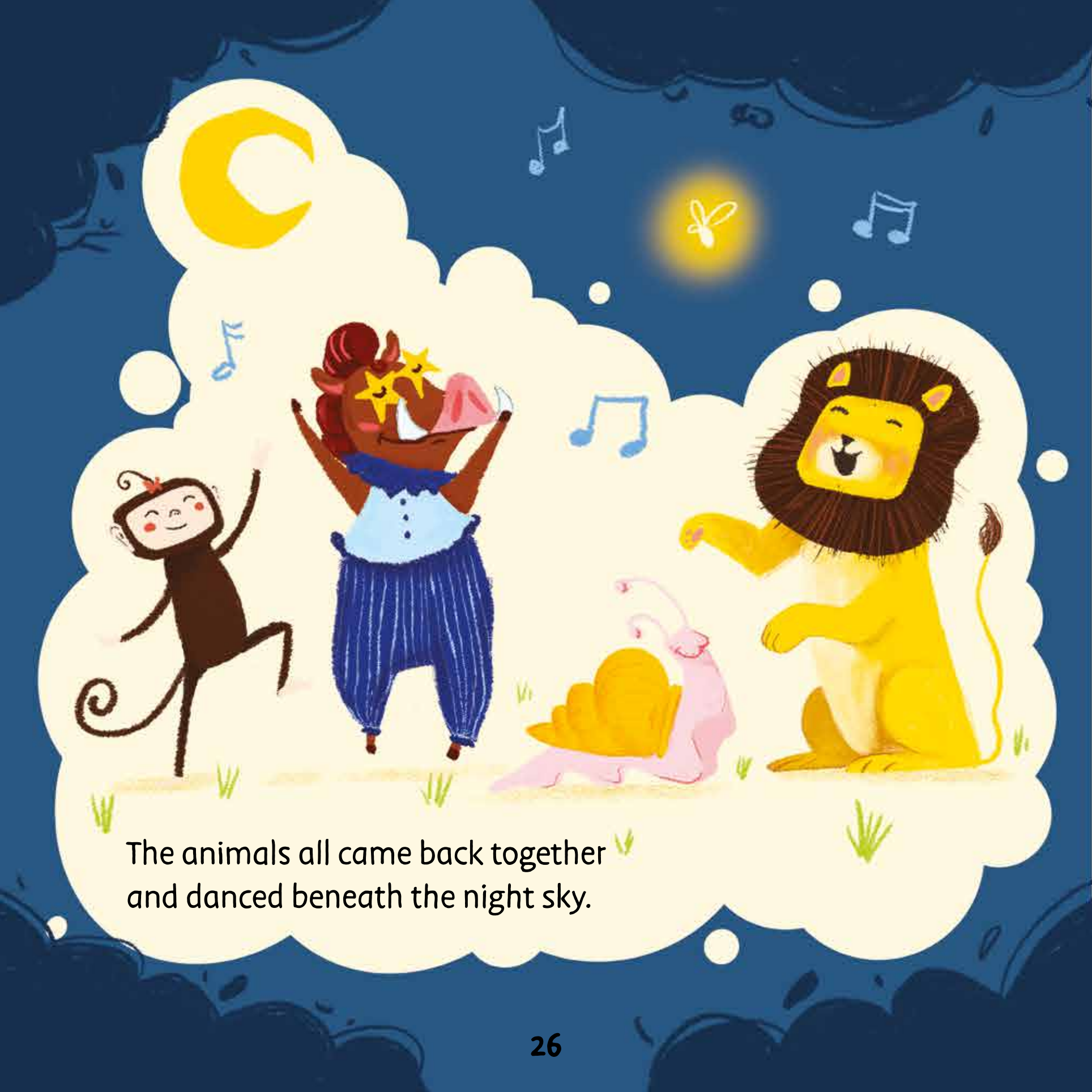
WE LOVE A CHALLENGE!

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I love, love,
love a challenge!

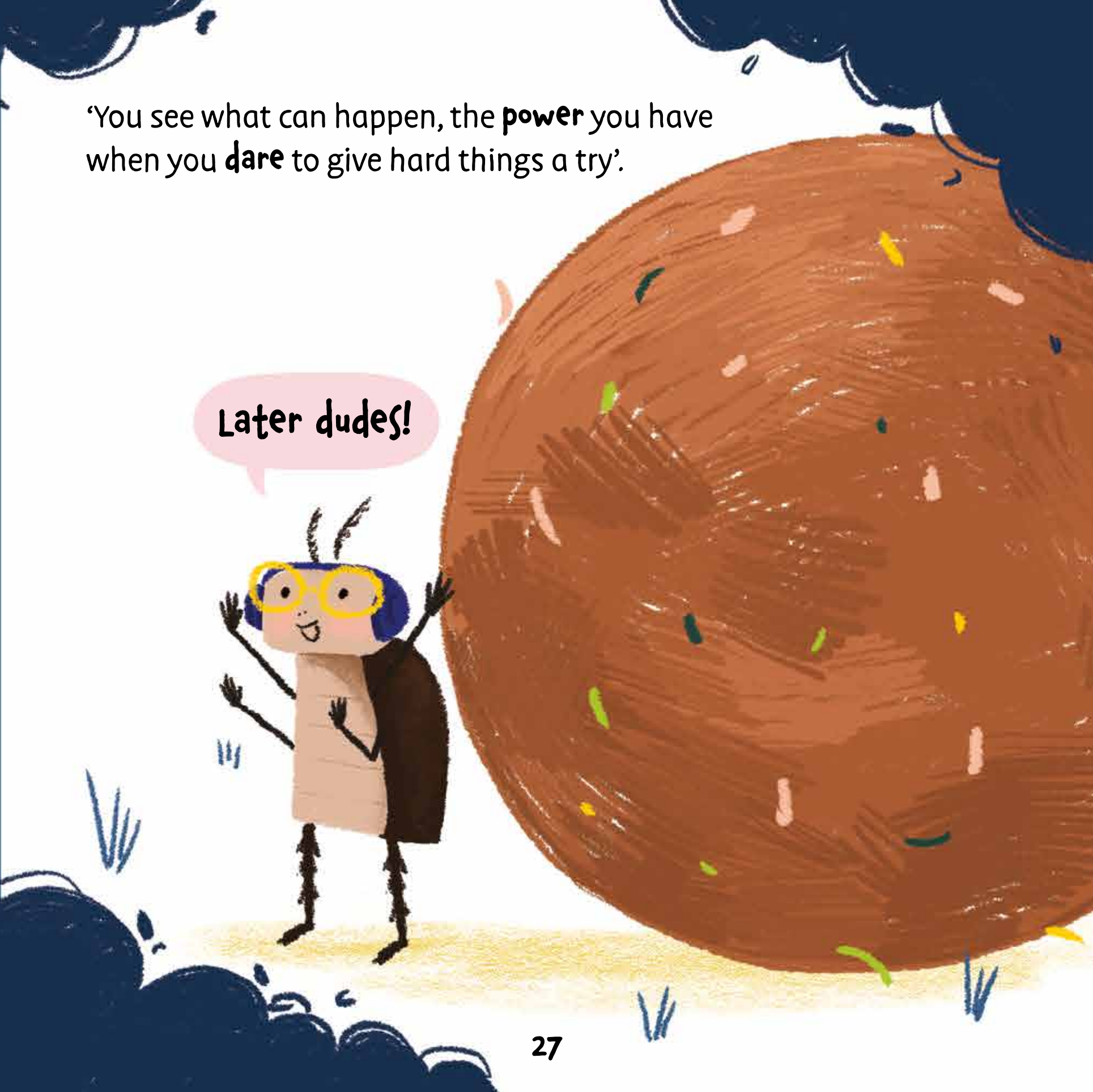
Willow edged into the spotlight,
her ears glowing red at the ends.
It wasn't pitch perfect but everyone cheered
as she sang with some help from her friends.



The animals all came back together
and danced beneath the night sky.

‘You see what can happen, the **power** you have
when you **dare** to give hard things a try’.

Later dudes!





So next time you're faced with a challenge that feels too big for you, remember our friend, little Larry, and think about what he would do.

Turn to your challenge and tell it: 'You look tough but I won't run away!' Smile and look at it right in the face, then rub your hands together and say...

WE LOVE A CHALLENGE!



WELCOME TO...

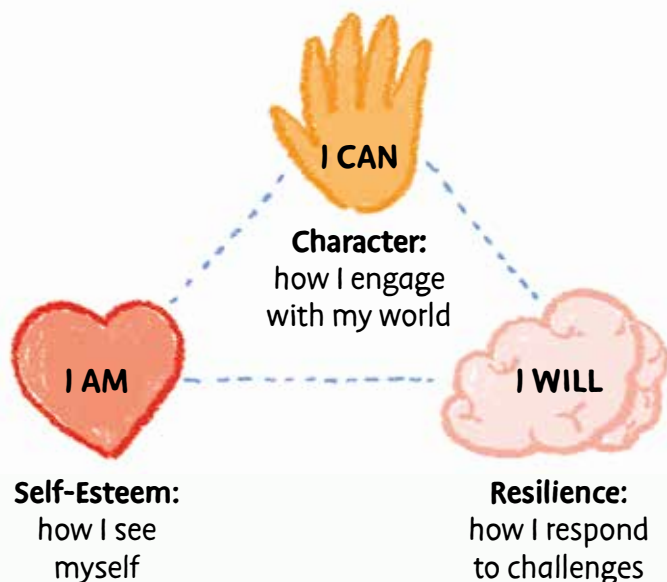
THE COURAGE CLUB

This story is part of **The Courage Club** series — helping children (and their adults!) build bravery, take risks, and go after hard things together.

The bigger picture

So much of our approach to mental health is reactive: we wait until there's a problem before stepping in to 'fix' it. At *The Courage Club* we believe in a more proactive approach - one that supports ALL children to build strong emotional foundations right from the start. This is not just to equip children with the tools to cope when life's challenges come but also to empower them with the skills to thrive well beyond that.

The Courage Club is built around three core strands of child development:



Where this story fits

We Love a Challenge celebrates the joy of tackling something tricky and reminds us that hard things help us grow. When children learn to see challenge as an adventure — something exciting rather than scary — they begin to approach new experiences with curiosity and confidence. Struggle ceases to be a sign of weakness and more a banner of encouragement that we are on the right track.

‘Great! This is hard — that means I’m learning!’

When we cheer each other on and share in the fun of figuring things out, we help children discover that effort and the courage to take on hard things is something to be proud of.

So, let’s keep saying it out loud, together:

