



ViPeaples™ Sample Lesson

DAX · Courage in Change · Ages 3-4 · Homeschool



DAX and the Brave Step

1. Lesson Title

DAX and the Brave Step: A Story About Trying Even When Scared

2. Age & Duration

Ages: 3-4 (Pre-K)

Total Time: 25-30 minutes

Breakdown:

- Opening Circle: 2-3 minutes
- Story: 5-7 minutes
- Discussion: 3-4 minutes
- Activity: 10-12 minutes
- Reflection & Closing: 2-3 minutes

Flexible timing for home setting. Pause and revisit if your child's attention shifts; home learning is not about clock time.

3. Character Focus

DAX – Blue spiky fuzzy hair, quiet strength, and genuine courage. DAX doesn't pretend he isn't scared. He feels the fear and takes the brave step anyway. His guilty pleasure is pancakes with milk and honey.

4. Pillar / Soft Skill

Pillar: Courage in Change

Child-Friendly Skill Word: Bravery – doing something even when your tummy feels a little scared.

5. Learning Goal

After this lesson, your child will understand that **being brave doesn't mean you're not scared—it means you try even when you feel worried, and that's the real brave.**

6. Materials

- None required for the story circle
- **For the activity:**
 - Pillows or cushions (4-6)
 - A small toy or stuffed animal your child loves
 - Optional: masking tape to mark a simple "start" and "finish" line on the floor
 - Crayons or markers
 - Paper (one sheet per child)
 - Optional: a small bell or chime

No special supplies needed. Use what's already in your home.

7. Opening Circle

Settle together on the floor or a couch, comfortable and close. Use a calm, warm voice:

"Gather your garden today. We're going to the VIPeoples world.
Today we're meeting DAX, who has something brave to show us.
DAX is going to do something that makes him a little scared—but he's going to try it anyway.
Ready to watch what happens?"

Pause. Let your child settle and nod or say yes.

8. Story

The Wobbly Bridge

DAX stood at the edge of the Crystal Grotto, looking down at something he'd never seen before.

A bridge made of smooth, glowing stones stretched across a small stream below. The water sparkled, and on the other side of the bridge, golden light spilled through a tunnel opening into the Magical Garden. DAX wanted to go there. He *really* wanted to go there.

But the bridge looked wobbly.

"You can do it," said Pip from behind him, kind and sure.

"Yeah, you can," added MILO, steady as always.

DAX's tummy felt tight. His blue spiky hair seemed to stand even straighter. He wanted to go to the Magical Garden. But what if the bridge moved? What if he slipped? What if—

"DAX," said PETRA, her hot pink pompadour gleaming in the grotto light. "Look at me. Being brave doesn't mean you're not scared. Being brave means you try *even though* you're scared."

DAX took a breath. His friends were right.

He felt scared. His tummy was definitely worried. But he also felt something else: *want*. He *wanted* to cross that bridge. He *wanted* to see what was on the other side.

So DAX put one foot on the first stone. It held.

His friends cheered softly.

He put his other foot on the next stone. That one held too.

With every step, DAX's tummy felt a little less tight. The bridge wobbled just a tiny bit, but DAX wobbled with it—and that was okay. By the seventh step, DAX's heart was beating fast, but it wasn't scared-fast anymore. It was *brave*-fast.

He stepped off the bridge into the Magical Garden, and the golden light wrapped around him like a warm hug.

His friends crossed the bridge next. They came and found him laughing, looking at the way the sun made rainbows in the water below.

"I was scared," DAX said.

"We know," said MILO. "That's what made it brave."

9. Discussion

Ask your child these questions in a gentle, natural way. These are not a quiz—they're a conversation. Pause and let your child take his or her time.

1. **"What did DAX feel in his tummy when he looked at the bridge?"** (Recognition: nervousness is okay)
2. **"Did DAX's scary feeling go away before he tried, or after he took the first step?"** (Understanding: bravery happens in the doing)

3. **"Tell me about a time you felt scared in your tummy but tried something anyway. What happened?"** (Personal connection: your child's own brave moment)
4. **"Why do you think DAX's friends told him 'being brave means you try even though you're scared'?"** (Meaning-making: wisdom from the group)

If your child is shy or quiet, that's perfect. Even one-word answers or a nod are complete. You're planting seeds, not digging for answers.

10. Activity

The Brave Bridge Path

What You're Making: A cushion "bridge" that your child builds and crosses while thinking about brave steps.

Time: 10-12 minutes

Steps:

1. Build the Bridge Together (3-4 minutes)

- o Lay out pillows or cushions on the floor in a stepping path (4-6 cushions, each one a "step").
- o Leave small gaps between them—not dangerous, just enough to feel a tiny bit wobbly.
- o Your child can help arrange them. This is the fun part.
- o Say: *"We're building a bridge just like DAX crossed. Each cushion is one brave step."*

2. Add the Challenge (1 minute)

- o Place a small toy or stuffed animal at the start of the bridge.
- o Say: *"This toy is a little scared, just like DAX was. Let's help it get across the bridge."*
- o You can gently place a small bell or chime at the "end" of the bridge as a finish line.

3. Cross the Bridge (4-5 minutes)

- o Your child walks or balances across the cushions, carrying or herding the toy to the other side.
- o Go slowly. Wobble is okay—it's part of the bravery.
- o When your child reaches the end, ring the bell or chime. Celebrate: *"You were brave! And you made it!"*
- o Do this 2-3 times if your child is having fun. Let him or her lead.

4. Debrief & Draw (2-3 minutes)

- o Sit together with paper and crayons.
- o Ask: *"Can you draw DAX taking his brave step? Or draw yourself being brave?"*
- o No artistic skill required. Squiggles, shapes, faces—all of it counts.
- o Tape the drawing to the fridge or keep it in a growing "brave collection."

What's Happening: Your child is experiencing bravery in his or her *body*—moving across something a little wobbly, just like DAX did. The story becomes real. And the drawing is proof: *"I was brave today."*

11. Adaptation Notes

TEACHER-FACING ONLY – NOT FOR CHILDREN

For the Homeschool Parent:

You're in the most flexible learning space imaginable. This lesson is designed to feel like play, not instruction. Your role is companion, not authority. Here's what matters:

Pacing: Your child's attention span at this age is 15-20 minutes for structured input, but home learning can be beautifully chunked. If your child is engaged in the story, linger. If his or her attention shifts midway through discussion, that's completely normal and fine—move to the activity. If your child wants to build the bridge and skip the drawing, that's a win. Different pathways to the same garden.

Language Calibration: At ages 3-4, keep sentences short and literal. Use present tense when you can (*"DAX feels scared, so he tries anyway"*). Avoid complex metaphors. "Brave" is the word; "scary feeling in your tummy" is the body sensation. This concrete language

builds emotional vocabulary naturally.

Participation Flexibility: Your child doesn't need to answer the discussion questions directly. If you ask "What did DAX feel?" and your child just watches you or repeats the last word, that's participation. Some children learn by listening and watching first. No pressure. Over time, the story and language will land.

The Activity is the Teacher: The cushion bridge is the lesson's true work. Your child's body is learning what bravery feels like before his or her brain can fully name it. Wobbling across cushions while carrying a toy is a safe, joyful way to experience: *"I felt a little nervous. I tried anyway. I did it."* That's the whole pillar. Let the body teach.

Screen-Free Zone: This lesson is designed for live, face-to-face time. That's your superpower as a homeschooling parent—you get to be fully present. Use it.

Emotional Safety: If your child has experienced genuine fear or trauma (a fall, a medical event), watching DAX cross a wobbly bridge might land differently. Know your child. If the "wobbly" element feels triggering, swap it: the bridge could be over a pretend river with lights underneath, or it could be a path of stones that's just a little narrow. Same pillar, different imagery. You know what will feel safe and real to your child.

Gentle Expansion (If Your Child Asks for More):

- Ask: *"Is there another bridge DAX could cross?"* (Creativity, revisiting the theme)
- Ask: *"What was DAX scared of? What are YOU never scared of?"* (Self-awareness, confidence)*
- Ask: *"If we go to the garden, what do you want to find there?"* (Imaginative extension)*

These are optional. Follow your child's curiosity. If he or she is happy with one crossing and one drawing, you're done. That's a complete lesson.

Standards Alignment (Ages 3-4 / 37-48 months):

- **SE.37-48.3** – Child recognizes and labels emotions (fear, courage, trying)
- **SE.37-48.4** – Child engages in play that reflects understanding of social situations
- **AL.37-48.1** – Child shows emerging ability to focus and sustain attention during story and activity
- **CA.37-48.2** – Child communicates ideas through drawing, language, and pretend play
- **S.37-48.4** – Child follows multi-step directions (activity sequence)

12. Reflection

Close your lesson with this simple ritual. Sit together quietly for just a moment. Use a warm, calm voice:

"What are you taking home from the garden today?
You were brave today—whether you felt scared or not.
What brave thing did you do?"

Let your child answer, or sit in the quiet. A nod, a word, a hug—all of it is reflection.

You might add: *"Tomorrow, when you feel a little scared to try something, remember DAX and the bridge. Feeling scared and trying anyway? That's brave. That's you."*

13. Take-Home Connection

Parent Note for Your Files & Reference

What Your Child Learned Today:

Today we explored **bravery** with DAX, one of the VIPeoples characters. The big idea: **being brave doesn't mean you're not scared—it means you try even when you feel worried.** We read a story about DAX crossing a wobbly bridge to reach the Magical Garden, and then your child built and crossed a cushion bridge at home. By moving his or her body across something a little wobbly and still making it to the other side, your child experienced what bravery feels like in real time.

A Dinner-Table Conversation Starter:

Ask your child: "Tell me about the wobbly bridge DAX crossed. What was on the other side? And remember when you walked across our cushion bridge—you were brave too."

Or simpler: "What scared DAX? What did he do?"

Optional Mini-Activity for Home:

This week, notice moments when your child tries something new—a new food, a new playground, a new song. In the moment, you might say quietly: "You're being brave right now, just like DAX." No fanfare needed. Just naming it helps children internalize bravery as something they *do*, not something they *are* (or aren't).

You can also draw a picture together of "a brave moment" and add it to a growing family collection. Over time, your child will see: "I'm the kind of person who tries."

14. Printable Assets

Download and print the following items to extend this lesson:

1. ☐ **Parent Note** – Full text above; format as a 5x7 card to keep on the fridge
2. ☐ **Character Card: DAX** – Color illustration of DAX with the phrase "Being brave means trying even when you're scared"
3. ☐ **Reflection Journal Prompt** – Simple fill-in: "I was brave when I _____. I felt _____. Then I _____."
4. ☐ **Brave Steps Chart** – Visual tracker (optional): a bridge made of 7 stepping stones; child colors one stone each time he or she tries something brave during the week
5. ☐ **Activity Setup Card** – Visual step-by-step for building the cushion bridge (for parent reference if returning to the activity)
6. ☐ **Pillar Badge: Courage in Change** – Small circular badge illustrating DAX and the bridge; child can color and wear or keep in a collection envelope

Notes for the Homeschooling Parent

This lesson is designed to take up no more than 30 minutes of your day, but its impact will stretch across weeks and months. Every time your child faces something new—a new class, a new food, a new friend, a new skill—he or she will have *embodied knowledge* of what bravery feels like.

You don't need to be an expert educator. You just need to be present. Tell the story with warmth. Build the bridge. Celebrate the crossing. That's the whole curriculum.

Your child is growing in courage with every brave step—and so are you.

End of Lesson Plan