



# All Kinds of Kinds

Schools Are Made Up Of All Kinds Of Kinds

## Dare Greatly - Vulnerability

NAME \_\_\_\_\_ Date \_\_\_\_\_

### Vulnerability - Dr. Brené Brown

**"I define vulnerability as uncertainty, risk and emotional exposure."**

"When we spend our lives waiting until we're perfect or bulletproof before we **walk into the arena**, we ultimately sacrifice relationships and opportunities that may not be recoverable, we squander our precious time, and we turn our backs on our gifts, those unique contributions that only we can make," says Brown. "Perfect and bulletproof are seductive, but they don't exist in the human experience." *Dr. Brené Brown*



#### Intramural Football

The other day in intramural football, I saw a student attempt to catch a pass thrown by the quarterback. The student didn't appear to be the greatest athlete but he came out for intramural football to have fun. The boy missed the ball and it hit him squarely in the face. If you were there and wanted to **walk into the arena**, what could have happened next?

#### Friends

Julie and Debbie were friends. One day Julie was making fun of another girl named Lisa because of the clothes she was wearing. Debbie felt awful for Lisa as she watched Julie make fun of her. If you were Debbie and wanted to **walk into the arena**, what could have happened next?

**"The bottom line is that vulnerability is scary and it feels really dangerous, but it's not nearly as dangerous or scary as spending your life on the outside looking in and wondering, 'What if I had chosen to show up? The willingness to show up changes us, it makes us a little braver each time.'" Dr. Brené Brown**

Can you think of something this week when you "walked into the arena" (or could have walked into the arena) even though you were vulnerable and risked getting bruised?

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