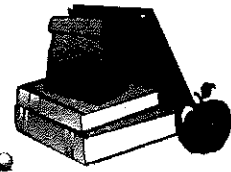


Courage



What Is Courage?

Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. Courage is going ahead even when you feel like giving up. Courage is needed in trying new things. It is admitting mistakes and then doing the right thing. Courage is the strength in your heart.

Why Practice It?

Without courage, people would only do what is easy. No one would try new things. Everyone would do what everyone else is doing, to avoid standing out – even if they knew it was wrong. Fear would be in charge. With courage, you can face any situation. Courage helps you to do great things.



How Do You Practice It?

Courage helps you to do the right thing. When you feel afraid, name the fear and then let it go. Then do what you really want to do. Admit mistakes and learn from them. Keep trying. Stand up for what you know is right even if all your friends are doing something wrong. Ask for help when you need it. Let courage fill your heart.

The Virtues Project



What would Courage look like if...

- You are asked to speak at a school assembly?
- All your friends want you to try something, like stealing or smoking, and you feel it is wrong?
- You see another child being teased or hurt by other children?
- You do something you are sorry for, like breaking one of your mother's plates and no one knows who did it?
- You feel scared of the dark when you're trying to go to sleep? (What help do you need?)
- You want to learn a new sport, like swimming, but it is scary.

Signs of Success

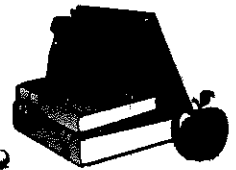
Congratulations! You are practicing Courage when you...

- Do what is right for you even when it is hard or scary
- Find strength in your heart even when you are afraid
- Are willing to try new things
- Admit mistakes and learn from them
- Make amends when you do something wrong
- Ask for help

Affirmation

*I have courage. I am willing to try new things.
I admit mistakes and learn from them. I listen to my heart. I have the courage to do the right thing.*

Activities with *Courage*



Courage Collage

Make a collage of pictures of people showing courage.

Courage Commitment

Each person (including the teacher) chooses something that will require courage to do and sets a goal to do it in the next three days. At the end of the week, share your experiences with one another. It might be calling someone and clearing up an old problem, it might be trying a new activity, like skating, that you have never done before. The boundary is that it must keep you safe, and not be foolhardy. Even if it doesn't go just right, share the Teachable Moment together.



Virtues Reflection Questions

- ❶ When in your life have you needed the most courage?
- ❷ What helps you when you feel afraid?
- ❸ Name three people you know or from history who had great courage.
- ❹ What jobs require physical courage?
- ❺ What jobs require other kinds of courage?



Drawing Courage

Draw a picture of yourself doing something that requires courage.



Poster Points

- ❶ Do the right thing.
- ❷ Feel the fear and do it anyway!
- ❸ My heart is full of courage.
- ❹ Brave heart.
- ❺ Take a risk.



Quotable Quotes

"We cannot escape fear. We can only transform it into a companion that accompanies us on all our exciting adventures." Susan Jeffers

"Heart, be brave. If you cannot be brave, just go. Love's glory is not a small thing." Rumi

"Life shrinks or expands in proportion to one's courage." Anais Nin

"With courage, you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity." Keshavan Nair

"Life is either a daring adventure, or nothing." Helen Keller

"Look fear in the face and it will cease to trouble you." Sri Yukteswar

"If you don't go out on a limb, you're never going to get the fruit." Anonymous

"If you think you're too small to do a big thing, try doing small things in a big way." Anonymous