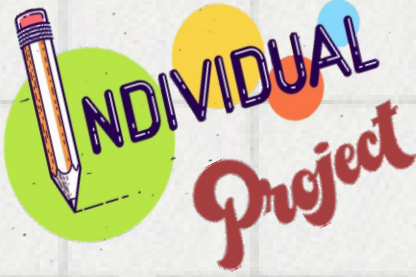


VALUE - Courage

GRADE - 5

Fighting My Fears



01

Identifying My Fears

- List out the five things or situations you fear the most. For example: fear of the dark, fear from speaking in public or on stage, fear of asking questions in class, etc



02

Developing Courage Strategies

- Write different ways to develop courage and face the fears.
- Seek support, ask teachers, family, or friends for advice and encouragement.
- Face fears in small, manageable steps (e.g., darkness for 5 minutes at home, recite a poem in class).
- Repeatedly practice challenging tasks (e.g., public speaking).
- Use rewards and positive self-talk to boost confidence.
- Document efforts, note challenges, and rate courage from 1 to 5 stars.
- Regularly review progress and refine strategies as needed.



03

Courageous Academic Challenges

Self-Assessment :

- Identify areas of confidence and hesitation in studies.

Select Challenge :

- Choose an academic task beyond usual scope and set goals.

Engage Actively :

- Tackle the task, by accepting the difficulties



04

Sharing Experiences and Reflecting

- Finally, students will share their experiences, discussing the steps they took and how they felt during the process. This sharing can be done through written reflections, classroom presentations, or discussions with peers and teachers. By reflecting on their journey, students build self-awareness and confidence in their ability to face future challenges.



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