



Courage

COURAGE means to be brave. Courage means having the strength to face fear and overcome something difficult.

Activity 1

Review the meaning of **COURAGE** with your child. Explain how courage helps people overcome something difficult. Discuss the most courageous thing that you have done together. Examples could include facing a natural disaster (such as a hurricane), moving to a new place where you did not know anyone, trying to do something hard, and overcoming the fear of failure. Together with your child, think of things that can be done every day to help develop courage. Examples could include: speaking up for a classmate who is being teased, making friends with a new student who does not know anyone, standing up for what is right even if someone makes fun of you, trying something you have never tried before, etc. Encourage your child to look for examples of courage throughout the day. Encourage him or her to be courageous.

Activity 2

Teach your child about two types of courage: physical and moral. Explain that physical courage means facing physical dangers or hardships. Moral courage refers to being brave enough to be true to your convictions, even when your friends choose differently. Together, think of examples of physical courage and moral courage. Ask your child to think about the day's activities and to decide whether physical or moral courage was used and if so, to describe the actions. Consider keeping a tally of which type of courage is used more often.

Activity 3

Talk with your child about people in the community who have jobs where physical courage is needed to do their work. Explain that some jobs, like police and firefighters, require people who are willing to face physical dangers to help keep others safe. Explain that physical courage means facing dangers and threats that could hurt one's body. Together, with your child, think of times that he or she has showed physical courage. Examples could include when he or she was learning to ride a bike or learning how to swim. Discuss how important courage is when facing physical challenges.

Activity 4

Explain to your child that moral courage is the ability to be strong enough to do what is right even when you may be the only person making that choice. Having moral courage can sometimes separate us from our friends, which can make us feel lonely. Role-play with your child situations where moral courage is required. Some ideas include:

- Admitting you are wrong when you've made a mistake.
- Doing what is right even when everyone else isn't.
- Saying "NO" when someone pressures you to do something you know is wrong.

Activity 5

Ask your child to name an action hero who displays courage. Together, think of words that describe the action hero. Examples may include words like, brave, courageous, strong, bold, fearless, and valiant. Talk about how a person would behave who did not have courage. Together think of words that mean the opposite of courage. Examples could include: fearful, weak, timid, etc. Suggest that your child draw a picture, or write or tell a story about a courageous action hero, it could be a cartoon character or a real role model. Encourage him or her to share the illustration or story with other family members.