

# Courage

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

## LESSON 1

Read the definition **COURAGE** to students. Explain that courage means to be brave and to overcome fear. Read: **Courage is when you do something even if you are scared. Some people show courage in the jobs that they do, like firefighters, soldiers, and police officers.** Write on the board the words: *firefighter, soldiers, and police officers*. Lead a discussion on why courage is needed in these jobs. As time allows, ask students to raise their hands if they know someone who shows courage in their job. Have them tell why courage is needed in the job. [\*School/Home Link\*](#) Ask students to talk with a family member about people in the community who show courage in their jobs every day.

## LESSON 2

Review the definition of **COURAGE**. Explain to students that courage means to do something even though you are afraid. Read the following story: **Kara really wanted to learn how to ride a bike, but she was scared for her mom to let go of the bike while she was on it. Kara would hold on to the handlebars very tightly, carefully steering her bike down the driveway, wiggling back and forth as she tried to balance. Her mom would try to let go, but Kara would get scared and say, "Please mom, don't let go." One day, after her mom helped Kara peddle up and down the driveway several times, Kara told her that she could let go. Kara was still a little afraid, but because her mom was beside her she found the courage to ride the bike on her own. Kara tipped her bike over a couple of times, but after some practice, she was riding her bike without falling over anymore.** Call on students to tell how Kara showed courage in the story. As time allows, ask if they have ever been in a similar situation and to tell how they felt.

[\*School/Home Link\*](#) Ask students to talk to a family member about something they may be afraid of and how having courage helps them to overcome fear.

## LESSON 3

Review the definition of **COURAGE**. Explain to students that there are many famous people who have shown courage in the history of our country. Read: **Neil Armstrong was an astronaut. He was the first man to walk on the moon many years ago. He has helped our nation be a leader in space exploration. Call on students to tell how Neil Armstrong showed courage.** As time allows, invite students to think of other people who have shown courage in their career.

[\*School/Home Link\*](#) Tell students to ask a family member to name a famous person who showed courage to help our nation.

## LESSON 4

Review the definition of **COURAGE**. Read: **Josh, Sam and Amy were excited to finally get to go to the zoo. Once they arrived, Josh and Sam ran toward the tiger cage while their sister Amy cried, "No, No, I'm afraid." As their dad came up beside them, he took Amy's hand and said, "It's OK. I'll hold your hand tight so you won't be scared. Besides, all the animals are in cages so they can't get out." Amy was still scared, but the feel of her dad's warm hand holding hers gave her courage. Soon Amy let go of her dad's hand and even pet the animals in the petting zoo.** As time allows, ask students to describe a time they were afraid but having someone near helped them have courage to not be afraid.

[\*School/Home Link\*](#) Ask students to tell a family member about things they may be afraid of and ask what they can do to help them not be afraid.

## LESSON 5

Review the definition of **COURAGE**. Discuss with students how courage is necessary in the following situations: 1) telling the truth 2) meeting new friends, 3) playing ball 4) singing on the stage at a school play. As time allows, discuss why or why not courage is needed in each situation.

[\*School/Home Link\*](#) Ask students to ask a family member to help them think of ways to gain courage when needed.