

# Courage (Grades K-2)

## For PurposeFull Families

### EXPLANATION:

This month we're talking about the virtue of Courage - to help our children be courageous and learn to conquer things that frighten or scare them. Children need reassurance that fear is one of our feelings and to help them understand that it's okay to feel afraid. Courage isn't fearlessness, but instead our ability to choose the right thing even when we are scared! The definition we will be talking about is:

**Courage is to choose what is good, right, and kind even when it is hard or scary.**

### CONVERSATION STARTERS:

- Talk with your child about what used to frighten you as a child. Be open about how you courageously worked to overcome that fear. Talk about who helped you or what strategy helped you along the way.
- Talk about the things that frighten you as an adult today. Open up an honest conversation about how you work intentionally to show Courage often.
- Make a list over dinner about who are the people in your network that show Courage. How can you tell that they have Courage? Why is it important that they show Courage? How might their example help make your Courage stronger?

### QUESTIONS YOU COULD ASK:

- What is something that scares you? What do you imagine might happen if you do that thing? Who might encourage you to try it? What could someone do to help you?
- Think back to a time when you showed or witnessed great Courage. What happened? How did it feel?
- What are some strategies that have helped you feel calm even when you're being asked to be brave? What have you learned in class about how to stay courageous even when it's hard?

### APPLICATION:

#### Books:

- [\*Be Brave Little One\*](#) by Marianne Richmond
- [\*Wemberly Worried\*](#) by Kevin Henkes
- [\*Don't Worry Bear\*](#) by Greg Foley
- [\*Scaredy Squirrel\*](#) by Melanie Watt
- [\*Some Things Are Scary\*](#) by Florence Perry Hyde
- [\*Courage\*](#) by Bernard Waber
- [\*The Day You Begin\*](#) by Jacqueline Woodson
- [\*What Do You Do With A Chance?\*](#) by Kobi Yamada
- [\*Jabari Jumps\*](#) by Gaia Cornwall

### FOR YOUR READING:

- [\*9 Ways to Cultivate Courage in Kids\*](#) by parenting expert Dr. Michele Borba

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### ACTIVITY:

Encourage your children to document their experience this month as they conquer fears and gain Courage. This could be something as simple as a journal where they write something like this:

I used to be afraid to/of \_\_\_\_\_  
until I \_\_\_\_\_.

Now I show Courage by \_\_\_\_\_  
\_\_\_\_\_.

Celebrate their baby steps and milestones as they work to become their most courageous selves.

### PURPOSEFULL PURSUITS:

#### Neighborhood Portraits

Who are the people in your neighborhood? Work together to draw a family portrait, then step out in Courage and find a neighbor that you don't know yet. Introduce yourselves and have your child introduce everyone using the family picture you drew together.

**Toughness:** 2  
**Time:** 1  
**Type:** Group

#### From Class to Community

Talk about students in your child's class. Who's someone they don't quite know yet? Is there a family that you don't know either? Invite that child and their family over for a playdate to build community between children and adults!

**Toughness:** 3  
**Time:** 2  
**Type:** Group

#### Courage Control

Sometimes taking control is a way to face your fears and practice Courage. Talk about something that your child fears. Have them give it a name. Then, have them take control by writing a story or drawing a picture about their fear.

**Toughness:** 2  
**Time:** 1  
**Type:** Pair

#### Conversations in Courage

What's something that you've been afraid to discuss with your child? Something that might be difficult to explain about our community or the world. Chances are they will hear about it eventually, and it may come from someone who's less informed or less supportive than you. Have a courageous conversation with your child. It could be about bullying, the environment, uncertainty, etc.. Remind them that love and support are two tools that we can use to practice Courage. Brainstorm ways they can practice Courage around the issue you discuss.

**Toughness:** 2  
**Time:** 4  
**Type:** Group