

taking it home: courage

It is important for kids to know that courage is not a magical remedy for fear. Instead, courage is a choice to push through fear, self-doubt, and anxiety to do things that feel hard or frightening. Courage may mean being kind to the new kid in class, trying something new, or speaking up for something or someone. Often, these things don't come with fireworks or applause. In fact, they rarely do. But, with one courageous act at a time, kids can positively impact their school, community, and our world!



1. ENGAGE

Courage Role-Play. Discuss having the courage to do the right thing with your child. Role play situations with your child where they might need to demonstrate courage. For example, when they see a friend being mean or rude to someone at school, or when someone offers them drugs or alcohol. Why does it often take courage to stand up for what is right?



3. EXCEL

Try Something New. Ask each family member to share something positive they want to do but have been afraid to try. Discuss what fears are getting in the way and steps to overcome these fears. Make a plan to try something new this month. Don't forget to celebrate each family member when they do!



2. EMPOWER

Celebrate Imperfection. Risking failure often takes bravery. Ask each family member to share a recent failure and a lesson they learned from this experience. Growth happens outside of our comfort zones. Celebrate courage!

CONVERSATION STARTERS

- Can you think of a person you consider to be courageous? What are some ways they show courage?
- Describe a time when had to be brave. What helped you to be courageous?
- What are some small, everyday brave acts that you can do this week?

