

Courage NOVEMBER 2022



SAY IT:

Courage means being brave enough to do what you should, even when you're afraid.

KNOW IT:

ASK A GROWN UP:

- Describe a time in your life that you had to have courage. What were you afraid might happen? How did you overcome your fears?

ASK A KID:

- Is there anything you have to do at school that requires courage? How can you allow others to help you have the courage you need to do this scary thing?

SEE IT:

Harriet Tubman displayed great courage by doing what was right, even when she could have been very afraid. As you watch this video, think about the courage she had to have to do the right thing and fight against the huge injustice of slavery. <https://www.youtube.com/watch?v=Dv7YhVKFqbQ>

It isn't always easy to do the right thing, but if we have courage and do what we know we should do, we can make a big difference in the world.

BE IT:

Think of something you know you should really do or maybe just something you would really like to do, but you are afraid. Talk about why you are afraid and how you can have the courage to do it anyway. What task do you avoid because you lack the courage to do it? Trying out for a team, giving a speech, singing a song? This month do something that you've always been afraid to do. (Make sure you aren't selecting something unsafe... it's wise to be afraid of things that can hurt us.)

PHASE

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Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of cooperation, for example, relate to getting along with siblings? Or prepare kids for college or a career?

So don't miss it. Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.