

CharacterPlus®

"character goes the distance"

THE CHARACTER SERIES



courage

noun. Mental or moral strength to persevere and withstand danger, fear, or difficulty.

Strength in the face of pain or grief.

"One isn't born with courage. One develops it. And you develop it by doing small, courageous things, in the same way that one wouldn't set out to pick up 100 pound bag of rice. If that was one's aim, the person would be advised to pick up a five pound bag, and then a ten pound, and then a 20 pound, and so forth, until one builds up enough muscle to actually pick up 100 pounds. And that's the same way with courage. You develop courage by doing courageous things, small things, but things that cost you some exertion – mental and, I suppose, spiritual exertion."

-Dr. Maya Angelou



ACTIVITIES

We would love to see how you do these with your family!

Tag us on Facebook or Twitter @characterplus

COURAGE JAR (Elementary-Middle)



Sometimes, we all just need a little encouragement to do something that seems a little (or a lot) difficult for us. [Laura at Sunny Day Family shared this idea about making a courage jar.](#) All of the details are on her blog, including a way to have a dinner conversation about courage! You'll need to create a list of encouraging quotes, and find an empty jar, some craft sticks, markers, and stickers. Write the quotes on the sticks, put them in the jar, and keep them handy for those days when you or your kids need a little boost. Need a list of quotes? [Here's a place to start!](#)

CHOPPED CHALLENGE (Middle-High School)

Are you familiar with the TV show "Chopped," the competition show on Food Network, where professional chefs are given a basket of random ingredients, which they must use to create something delicious in 30 minutes? The at-home version of this is fun for families, and often results in courageously trying new foods! Older kids or adults can prepare a meal or a snack from a group of ingredients you have in your home.

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COURAGEOUS CONVERSATIONS (Parents/Caregivers of Early Childhood-High School)

This one is not complicated, but it's important. Make time to have age-appropriate conversations about how to be courageous, whether it's standing up for something you believe in, or trying a new sport, or living through a pandemic. Share your experiences with your kids...let them know about the times you were courageous, or the times you wish you had been. [This short article from parenting expert and author Michelle Borba](#) offers 9 ways to cultivate courage, and [this post on Hey Sigmund](#) gives practical examples to encourage kids. Many of the ideas revolve around just having conversations. It's simple, but that doesn't mean it's easy or natural. Give it a try!

HAVE COURAGE VIDEO (Elementary)

[This is a great video](#) with a young student, Vivian, speaking to kids about how to be courageous!

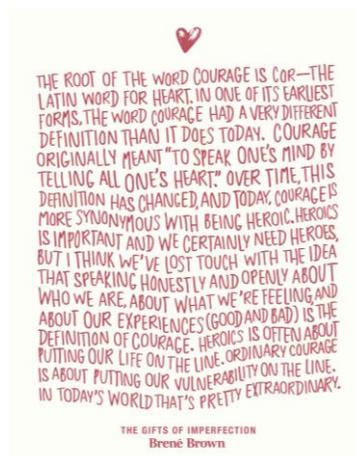


ADDITIONAL RESOURCES

[15 Books for Kids about Courage and Bravery \(from Growing Book by Book\)](#)

[Movies that Inspire Courage \(from Commonsense Media\)](#)

[Incredible Resource Bank of Courage Lesson Plans - All Ages, All Subjects \(One Community Global\)](#)



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