

# Courageous Acts

## Lesson Timeframe

15-20 mins

## Materials

- Hat or Bag
- Journal
- Pencil or Drawing Supplies

Some family members may choose the same event—that's ok! Make sure to highlight just how much courage it took!



## Inspire

When we think of courage, we tend to think of very large feats of strength or giant endeavors beyond our reach. However, we use courage daily within our homes as well. **Courage is being brave when facing new or difficult circumstances.** Sometimes what we are asked to do or what happens within our family requires courage and bravery on a smaller scale. We might be faced with a move or a job change. The adults in the house might have to work more and are not as available as they were before. Courage allows us to be brave, even when new or difficult things occur. This week we will examine what courage looks like within our family and how we have worked together to stand tall and brave, even when things were scary or uncertain.



## Discussion Starter

Get a hat or bag and have each family member draw or write down an answer to the following prompt: **What new thing has your family done or what big decision did you make together that took courage or the support, effort, and energy of everyone?** (Ideas: moved to a new house or community; changed schools or jobs; set a budget; gave something up).

Place all the answers in the hat. Draw out one answer at a time, read it aloud, and then guide a family discussion using the following prompts:

- How did you feel when you did that thing or made that decision?
- How did you support each other?

Repeat until all answers have been shared and discussed.



## Journal Prompt

Courage looks and feels different to different people. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Draw a picture that shows someone being brave in a new or difficult situation.
- **DO:** Send a note of thanks to first responders and front line workers in your community who show courage in their work.
- **WRITE:** When you think of “courage,” what images or words come to mind? Write them down. Does courage in everyday life look like that? How might courage be smaller or quieter or more “ordinary” than the typical “hero courage” we think of?



## Kindness Hack

It is just as important to encourage others as it is to encourage ourselves. If you are ready to go the extra mile, try this:

- Look for small acts of courage throughout the day and when you see one, tell the courageous person, “That was a brave thing to do. I’m proud of you!” Acknowledging others’ courage can also be an act of courage!