

KINDNESS AT HOME™ JOURNAL

COURAGE • Week 3 • Ages 13-Adult

Courage happens every day in our own communities. Everyday heroes refer to the community members in our city or town that provide care and help as part of their job. Firefighters, police officers, and teachers are just a few examples of everyday heroes. However, we can also fit into this category. Your ability to stand up and speak out makes you an everyday hero as well.

Remember:

COURAGE means being brave when facing new or difficult circumstances.

This week we will examine how we use courage on a daily basis, in both small scale and large scale settings.

YOUR TURN

Journal Prompt this week:

When you think of “courage,” what images or words come to mind? Write them down.



