

KINDNESS AT HOME

*This month's focus: **COURAGE***



FILLING OUR **HOME** WITH **COURAGE**

According to the Random Acts of Kindness Foundation, **COURAGE** means being brave when facing new or difficult circumstances. This month, we are going to focus on having more courage (through kindness!) in our families. Remember that even small acts of kindness can show great courage; it is about being true to yourself and doing what is right and kind, even when it's hard. This means being willing to be both vulnerable and humble. Do you know what these terms mean? See page 2 for more. Remember, no act of courage and kindness is too small! How do you show courage at home?

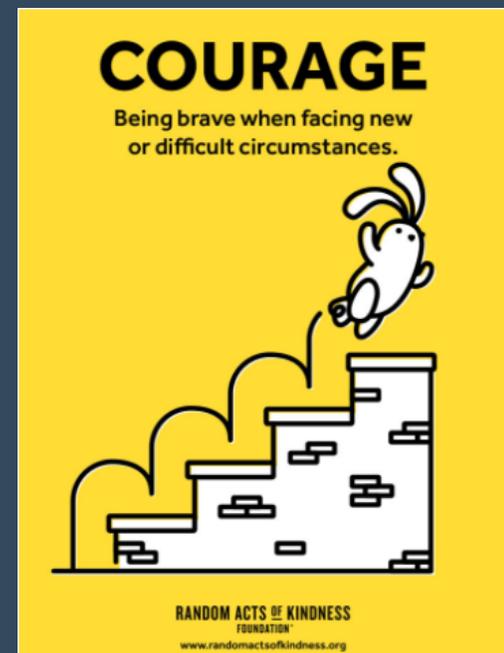
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Showing Courage

When you think of courage, what comes to mind?

You don't need to be a superhero to be courageous. In fact, sometimes it's the smallest things that show the greatest courage.

When you are open with others and allow them to see the real you (vulnerability) and when you encourage others and share credit (humility), you show great courage. How might you show courage in the following situations?



- You have to sing a solo for your community theater try-out. You are really nervous but want to be in the play. **How do you show courage?**
- You are new in your town. You'd like to meet new people but aren't sure what to do. Someone invites you to a community event but you won't know anyone there. **How do you show courage?**
- Your friends pressure you to stay out past curfew. **How do you show courage?**
- You are on the basketball team and won a big game. You scored a lot of points. When a local reporter asks you if you are the best person on the team, **how do you show courage?**

Talking about Courage

Discussions & Journals

Because it is important that you talk openly about **courage** - what it means to you, what it means for your family, and how you actively work to be courageous - you will receive weekly discussion and journal prompts to help start these conversations. This is a great way to think more about courage and how to practice it. Get started this week with the following prompts:



Discussion: Have everyone take turns saying one thing that makes them feel brave when they are in new or difficult circumstances.

Journal (older): How does your family define courage? How does it compare to the RAK definition?

Journal (younger): Draw a picture of a super hero cape. On it, write or draw all the things that you think are courageous. Examples: Helping others, standing up to bullies, saying "no" when tempted to break rules, or being kind.

"Courage is very important. Like a muscle, it is strengthened by use."

~Ruth Gordon

Courage

Here are some things you can do this month to practice courage.

What else can you and your family do?

What Random Acts of **Courage** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	What challenges will you face this week and how can you plan ahead to succeed?			What is one thing you'd try if you weren't scared to try it?		
Talk about ways you can be more brave in new or challenging circumstances.		Practice breathing exercises that you can use the next time you feel afraid to do something you know you must.			How can you support others when you see they are being brave?	
	Compliment a member of your family this week when they do something brave or overcome a difficult challenge.		Find a quote about courage and put it on the bathroom mirror to inspire everyone.			Watch a movie that features courage and then talk about it.
		Role play situations that require courage. Practice makes perfect!		Talk about a time you were scared to do something that you knew you had to do. How did you overcome your fear?		
Practice positive affirmations that will give you the energy to be brave in new or difficult situations.						

