

## KINDNESS AT HOME™ JOURNAL

### COURAGE • Week 3 • Ages 8-12

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 comes to mind? **Draw or write it below**



What little acts of courage do you do at school?

What do you do when someone you know is being bullied?  
How can you use courage to stand up for what is right?

How can you help your friends have courage?

How can you use courage on the playground or at the park?