

Courage

This is the third week of our Courage unit. Students will focus on courage and how to use it to show humility in situations that often inspire pride and arrogance.

Begin the unit with the whole class lesson and then aim to complete at least two of the mini lessons with your students throughout the week. Each mini lesson is designed to present elements of the main lesson in new and engaging ways.

Main Lesson

Whole Class Lesson
30 minutes



Class Humility

Students will work together to examine 15 humble statements and select 3 to focus on as a class. (See page 2 for lesson details.)

Mini Lessons

For Small Groups
15 minutes



Humble Acts

Divide the class into groups of 6-8 and provide them each with a different scenario (see below for handout). Students must create a role-play illustrating a humble response to a challenging situation. Have each group present their role-play to the class as time allows.

For Partners
15 minutes



Humility Bingo

Divide up the class into pairs. Give each pair a piece of blank paper and have them create a 9-block bingo card. Each square must have one kind example of humility in it. The middle square is a free spot! Have each pair share their card aloud. How many similarities are there among other pairs?

For Individuals
15 minutes



Humble Observations

Write a paragraph illustrating at least one example of humility you have observed within your community in the past month. Examples include building others up, service work, and kindness in the face of anger. Make sure to explain not only what you observed, but the reactions of those around them.

Technology-Focused
15 minutes



Humble Challenge

Create a mock “post” sharing an accomplishment of yours with your friends/family. How can you remain humble in your post while sharing your good news?

Class Humility

Students will work together to examine 15 humble statements and select 3 to focus on as a class.

Lesson Timeframe

30 minutes

Required Materials

- Poster board
- Sharpies

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations.
- Practice using courage and humility at school and at home.

Teacher Connection/Self-Care

Sometimes there is a misconception that teachers must be experts in all things. Do you feel pressure to never make a mistake, to always have the answers, to be “in control” at all times? If so, forget all that. Right now. Just toss it. You don’t have to be all things to all people; you can’t be. It actually takes more courage to admit when we don’t know it all, when we aren’t in total control, and when we need help. Remember that you are human and that your job as a teacher is actually to lead, inspire, facilitate, ignite, and serve. Today, think about how you lead and have lead this entire year through service: service to your students, to the school, to your colleagues, and to yourself. There are few things more courageous than that.



Share

3-4 minutes

So far we have explored the concept of courage and how it connects with vulnerability. This week we will introduce the concept of humility and how it takes courage to be humble within our lives.

What does the word humble mean to you? (Invite student responses.)

What does the term humility make you think of? (Invite student responses.)



Inspire

4-6 minutes

People often attribute the concept of humility in a negative light, connecting it to the word humiliation. An example of this might be, “I was humiliated when my parents forced me to wear that ugly outfit in public!” However, humility as it relates to the act of being humble is actually an extremely positive and kind character trait that requires a great deal of courage to embrace.

Humility is when we are modest about our abilities and are willing to put the good of others before our own desires.

What does this look like? Think about a time when you scored really high on a test or won an award or important game: how did you react? If you react with humility, you focus on the action and the work it took to achieve your goal, rather than how you did in comparison to others. It can be very tempting to become prideful in your accomplishments: look at me, look how good I am! However, it takes courage to allow the spotlight to be on your team as a whole or to remind others that you achieved your goal through hard work and perseverance.



Empower

15 minutes

Explain that the class will now review frequently used statements connected to humility and create a classroom specific list of 3 topics that we will focus on throughout the year to increase our humility. The goal of this activity is to examine some tough concepts and emphasize the courage it takes to embrace humility, even when it is not an easy choice.

Step 1: Read the following 10 statements aloud. If possible, pass out a copy of this checklist or project it on the board for everyone to follow along. Take time to explain each one and explore it as a class.

1. Speak as little as possible about yourself.
2. Keep busy with your own affairs and not those of others.
3. Highlight accomplishments rather than personal attributes.
4. Do not interfere in the affairs of others.
5. Accept small irritations with good humor.
6. Do not dwell on the faults of others.
7. Be courteous and delicate even when provoked by someone.
8. Do not seek to be overly admired and loved.
9. Give in sometimes in discussions even when you are right.
10. Choose always the more difficult task.

Step 2: After reading and discussing each point, vote on which three you would like to focus on as a class for the remainder of the year.

Step 3: Using poster board, write the 3 statements out and post it on the door for each student to read as they enter your classroom!



Reflect

5-7 minutes

Guide the class in a discussion about humility.

- What makes this concept so difficult?
- How does it take courage to redirect the spotlight off of you and onto others?
- How does it take courage to allow others to shine when you are tempted to step in and take over?

If this concept feels extremely difficult, you are right! Many, many adults struggle with this concept and you may even encounter others in your life that place little if any positive value on this trait. However, being humble and kind rather than prideful and arrogant can help those around you feel better about themselves and increase the overall mood of your group, school, and even

community! This week, use courage to practice humility in at least one situation. It might be difficult at first, but practice makes perfect.

Humble Acts Lesson Scenarios

Your team won the state championship. You scored the winning goal. Everyone is congratulating you.

How can you respond with humility?

You got a 100% on the end of year math test. Most of the class failed the test. People start calling you a genius and want your help with their math homework.

How can you respond with humility?

You have been selected to play the main part in the school play this year. Several of your friends did not get a role at all.

How can you respond with humility?

You get into a fight with your friend in front of the entire lunchroom. You notice people are starting to encourage you to argue more.

How can you respond with humility?