

Courage in the Round

KINDNESS BEYOND THE CLASSROOM™
SMALL GROUP • OPTION 3 • COURAGE

Lesson Timeframe

20-25 min.

Materials

- ☐ Courage poster (optional)



Share

Define Courage: COURAGE IS BEING BRAVE WHEN FACING NEW OR DIFFICULT CIRCUMSTANCES. (Show the Courage poster if desired.) We often think about courage as being brave and unafraid. However, courage is about staying true to who you are and what you like to do. So, let's talk about how we can have courage when we feel like someone is trying to make us feel bad about who we are or what we like to do:

- A kid on the bus laughs at all the patches on your backpack -- patches you have collected from all of the family trips you have taken in the last couple of years. You love your patches but do not like being teased about them. What courageous yet kind thing could you say to this kid who is trying to make you feel embarrassed about your backpack?
- All your friends want you to sit with them at lunch but you wanted to sit with the new student who is all alone. Your friends say you have to sit with them and they are making you feel like you have to choose between being with them or being kind to the new kid. What courageous yet kind thing could you say to your friends?

Try to get a few different responses for both situations from students of various ages.



Inspire

We often want to feel accepted and part of the group. Sometimes we think that the only way to become part of a new group (class, team, etc.) is if we become someone different to fit in. However, our unique abilities, interests, and thoughts are actually extremely valuable. What makes you cool are all the special and unique things about you. While it is fun to have SOME things in common with others, it is also super fun to just be your own person as well. It takes courage to be willing to embrace something about yourself that is different or to stay true to what you believe and want to do (especially if that involves being kind to others!).



Empower

Divide the class up into two groups based on grade level (PK-2 and 3-6). Have each group sit in a circle. Using a talking stick or small ball, have each person share one time they were courageous and stood up for themselves or for something they believed in (younger kids could share a time they were courageous because they tried something new or helped someone).



Reflect

Guide a discussion around COURAGE.

- What does courage mean to you?
- How do we use courage every day?
- What can we do when someone teases us or makes us feel like we need to change who we are to fit in?
- How can we react when someone shares a personal interest or talent and it is new and unfamiliar to us?

