

# Quilt of Courage

KINDNESS BEYOND THE CLASSROOM™  
WHOLE GROUP • OPTION 1 • COURAGE

## Lesson Timeframe

25-30 mins

## Materials

- ❑ Cardstock or Construction Paper
- ❑ Basic Art Supplies
- ❑ Stapler
- ❑ 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 that courage is the same thing as being brave, but sometimes doing the courageous or right thing is scary. Even being our true self can feel scary sometimes. But if we use courage we will get braver to be ourselves! We might even find that we have unique talents that make us special or that others share our special gifts! As a group, brainstorm unique talents people have:

- What makes you special? What hidden talents do you have?

Aim for 2-3 answers from varying age groups.



## Inspire

Most of us probably think about courage in terms of being brave in scary situations, and that *can* be what courage looks like. Courage can look like other things too, though. Courage is believing in yourself and embracing what makes you special. Every one of us is unique and special in our own way; we may look, act, or feel different than other people around us, and it takes courage to embrace that in a kind and positive way!

Today we will highlight 5 special things about ourselves using art.



## Empower

Explain that each child will trace their hand onto a piece of paper (workers will need to assist younger or struggling students). Instruct the students to complete the following:

- On each finger, write one thing that makes you special! This can be the way you look, a skill or talent you have, a hobby or personal interest you enjoy, or a favorite subject or activity; the sky's the limit!
  - *Encourage students to draw a picture on each finger if writing is too difficult or not yet developed.*
- Provide time for each child to use courage to share one thing they wrote on their hand.

Staple all of the handprints together to form a huge quilt of courage! Make sure all adults and teen workers include their own handprints as well.



## Reflect

Guide a discussion on COURAGE to be ourselves:

- What is COURAGE?
- Why does it take courage to be ourselves?
- What are you afraid of when you meet new people?
- How can you use kindness towards new people when they join our program?

