

Courage Maps

In this lesson, students will pick something they want to try that they have never tried before or something they know they have to do but are intimidated to do it. Using the map template provided, students will “map out” the way to this new thing, writing down the action steps, the statements of affirmation, and other things necessary to successfully get them to their goal.

Kindness Concept(s)

Courage, Kindness

Project Timeframe

25-30 minutes

Required Materials

☐ Courage Map Template (see below)

Have students brainstorm something new they want to try that they have never tried before or something they know they have to do but are scared to do it (this could even be leaving the security of 4th grade and moving up to 5th grade next year!). Hand out the map templates and have students follow these steps:

1. Draw a picture of or write down the thing that scares you but that you need/want to do next to the “X”.
2. Go to “Start Here” and write out or draw the steps you will take to reach the “X”; each step is cued by a word and icon representing the step. The three steps include an action, a thought, and a word or phrase. The goal is for students to come up with three affirmations that will help them reach their goal.

Wrap Up:

Have students share their maps with each other; this could be done in large or small groups. Or, for fun, distribute the maps anonymously and see if students can “follow the map” and explain the map to the larger class. When they are done explaining the map, the true “map maker” can stand up and confirm or correct the explanation.

Proposed Lesson Outcomes:

Students will:

- Identify a goal they want to reach that they are hesitant about pursuing.
- Identify and map out the thoughts, words, and actions that will help them reach their goal.

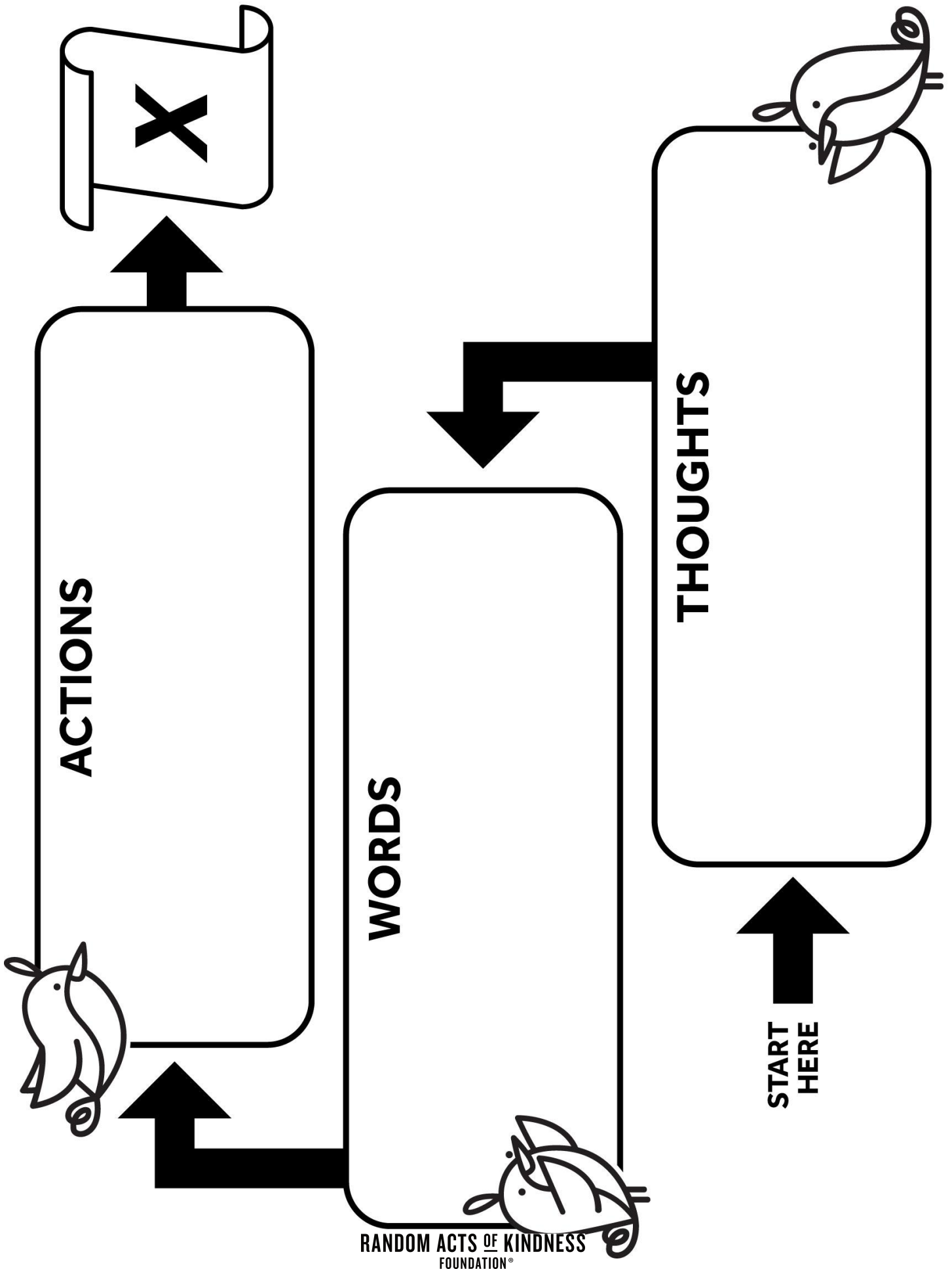


DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

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