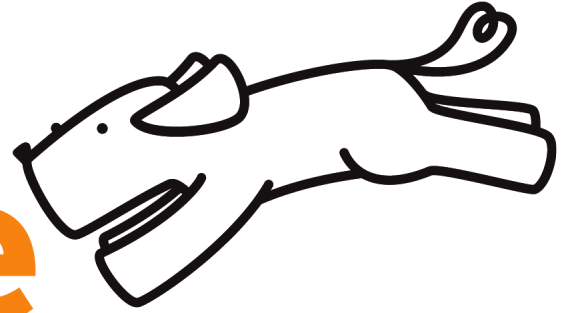


# Courage



**Sub-Concepts Covered: Vulnerability, Humility, Kindness**

Kindness in the Classroom lessons teach kindness skills through a step-by-step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the 'share' step to reinforce learning from previous lessons. The 'act' piece is woven into the lessons but really takes place in the projects.

In the Courage Unit, students get the opportunity to evaluate their own courage and to appreciate the courage and selflessness of others. Students also learn the valuable skill of using I-statements to respond courageously to challenging situations. This unit also gives students a chance to look at different "world changers" and how through kindness and courage, they, too, can make a positive difference for others.

## Unit Objective

Students will:

- Examine what it means to have courage about being yourself.
- Use I-statements to give courageous and kind responses to others.
- Evaluate how courage inspires people to be active in their community for good causes.
- Identify people in school who work hard but are not always appreciated.

## Student Introduction

Welcome to the Courage Unit! In this unit, you get a chance to really shine - just as you are! You get to write an I Am poem, learn how to use courageous I-statements, explore how people (many of them kids!) have made a positive impact on the world, and demonstrate appreciation to those who show courage and kindness without ever asking for anything in return. This is a powerful unit that shows you just how kind and courageous you are and highlights how many kind, courageous people are around you all of the time!

- Showcasing your unique qualities through an I Am poem
- I-statements
- World changers and how to make a positive impact
- Random acts of kindness and appreciating the kind, courageous people around you

Let's get started with our first lesson!

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> "I Am" Poem	<ul style="list-style-type: none"> <li>● Examine what it means to have courage about being yourself.</li> <li>● Identify unique personal qualities through writing an "I Am" poem.</li> </ul>	<ul style="list-style-type: none"> <li>☐ "I Am" poem template</li> </ul>
<b>Lesson 2</b> Forming Courageous Responses Using I-Statements	<ul style="list-style-type: none"> <li>● Discuss personal boundaries when responding to others.</li> <li>● Use I statements to give courageous and kind responses to others.</li> <li>● Use belly or calm breathing techniques to help maintain a physical calmness when responding to others.</li> </ul>	<ul style="list-style-type: none"> <li>☐ Scenarios</li> <li>☐ Hula hoop(s)</li> <li>☐ Access to the Web for the linked material</li> </ul>
<b>Lesson 3</b> World Changers	<ul style="list-style-type: none"> <li>● Identify the characteristics of people who change the world for the better.</li> <li>● Evaluate how courage inspires people to be active in their community for good causes.</li> </ul>	<ul style="list-style-type: none"> <li>☐ These 30 Incredible Kids Really Changed the World: <a href="https://www.goodhousekeeping.com/life/inspirational-stories/g5188/kids-who-changed-the-world/?slide=1">https://www.goodhousekeeping.com/life/inspirational-stories/g5188/kids-who-changed-the-world/?slide=1</a></li> </ul>
<b>Lesson 4</b> Random Act of Kindness: Shining Stars	<ul style="list-style-type: none"> <li>● Understand what a random act of kindness is.</li> <li>● Identify people in school who work hard but are not always appreciated.</li> <li>● Design a symbol of appreciation for the identified school staff.</li> </ul>	<ul style="list-style-type: none"> <li>☐ Star template (see lesson)</li> </ul>

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> 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.	<ul style="list-style-type: none"> <li>☐ Courage Map Template (see project)</li> </ul>
<b>Project 2</b> Failure Ta-Da!	This game is designed to help students embrace and even celebrate failure. So often we are afraid to try new things because we do not want to fail, or, worse, we believe failure means we can never be good at something. This project helps students see failure as a "Frequent Attempt In Learning" (F.A.I.L.).	<ul style="list-style-type: none"> <li>☐ No required materials</li> </ul>