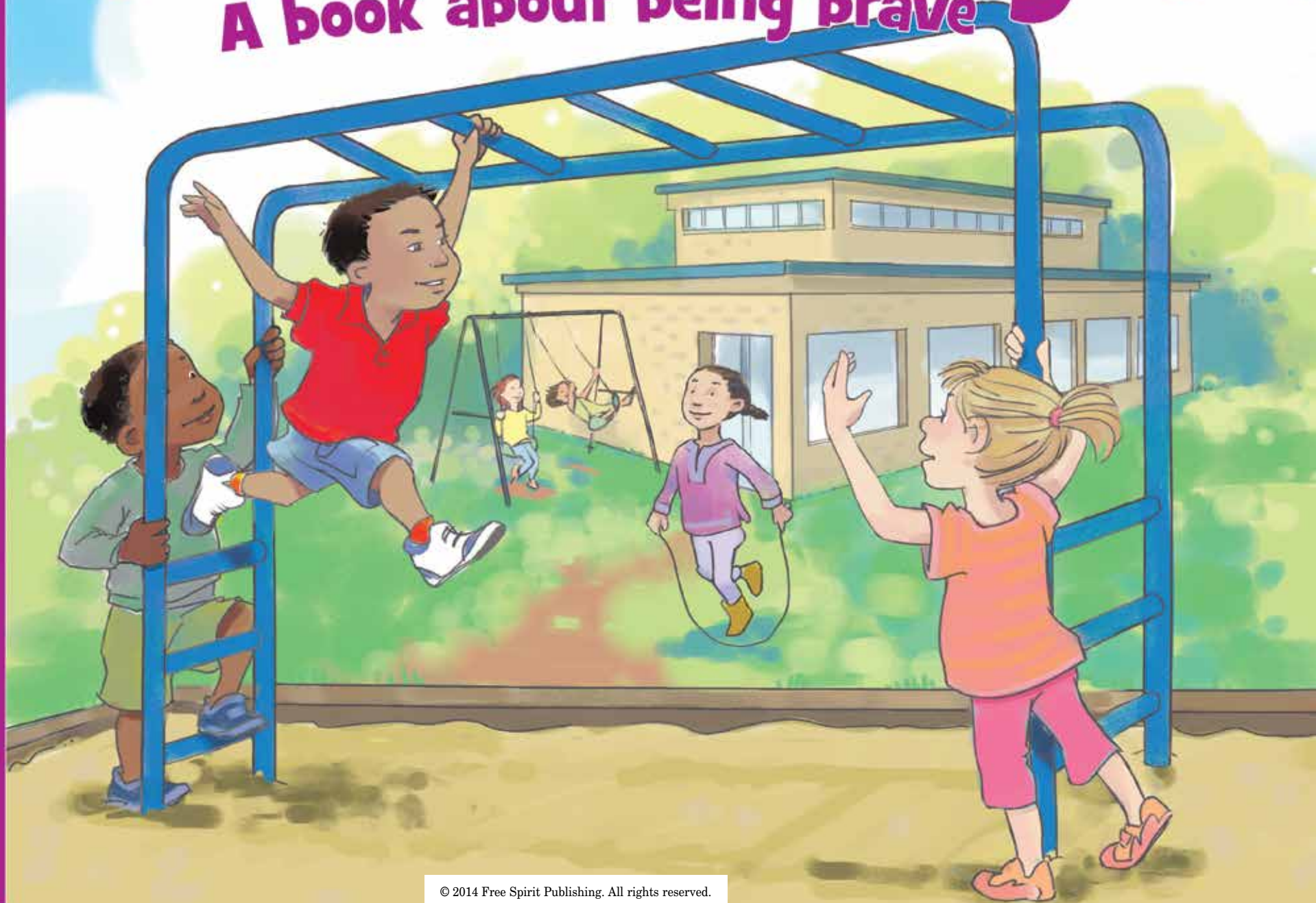




Includes
activity
guide for
adults

Have Courage!

A book about being brave



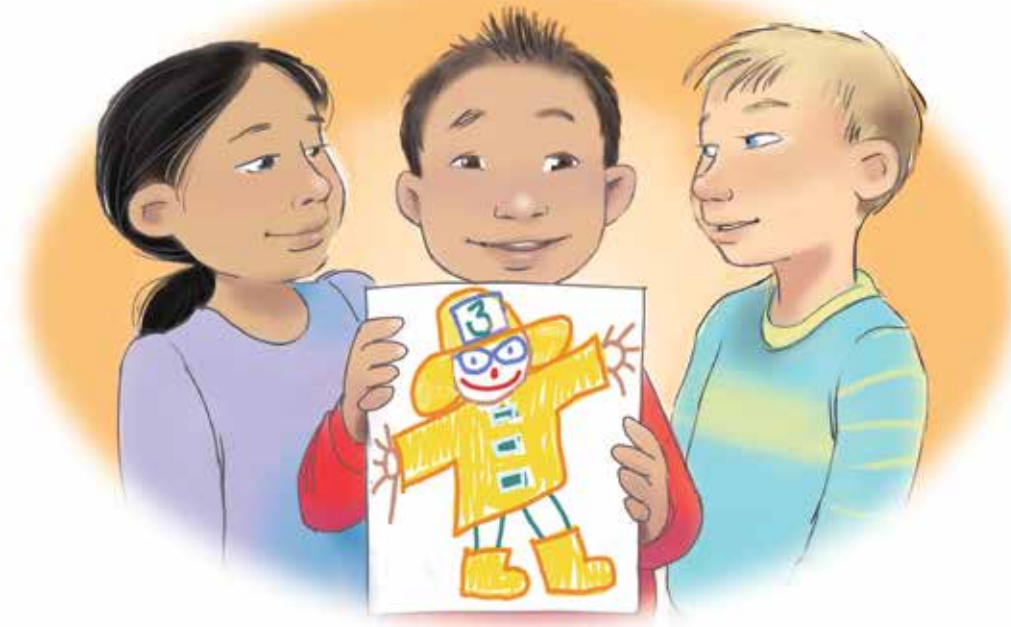
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Cheri J. Meiners ★ **illustrated by Elizabeth Allen**



Have Courage!



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To my amazing husband and hero, David:
For his courage and passion to do
good in the world.





Even though I'm small,
I can stand tall
and feel good about myself.

I show courage when I do what I think is right—even when it's hard or I feel afraid.

You can sit here.



Ways to Reinforce the Ideas in *Have Courage!*

Have Courage! teaches courage, a resolve that influences the learning and application of all other character traits. Courage can involve physical, intellectual, emotional, or moral challenges. The purpose of the book is to help children understand and feel confident in meeting basic and safe challenges that test their courage and assertiveness.* Specific examples of courage may vary among children depending on what is considered difficult for a given child. However, similar principles and skills can apply to all children. Here is a summary of ten skills discussed in the book that may require courage and that also can help build courage:

1. Stand up for what you think is right.
2. Try something new.
3. Do something even when it is hard.
4. Keep practicing something you are learning.
5. Speak up for your needs.
6. Make the most of a new experience.
7. Dare to make your own decisions.
8. Do something you believe is important.
9. Make a new friend.
10. Help someone else feel brave.

Words to know:

Here are terms you may want to discuss.

bold: daring; not afraid

boldly: strongly and bravely

*Adults will, of course, want to be aware and sensitive of real fears that children may face and will want to give comfort and seek help for a child if needed. Additional suggestions for adults to help children deal with fears are provided in *When I Feel Afraid* by Cheri J. Meiners, M.Ed. (Free Spirit Publishing, 2005), pages 32–35.

brave: confident; willing to do something hard

courage: bravery; when you show courage you do something you believe is right, even if it is hard or you feel afraid

courageous: brave; showing or having courage

dare: to push someone to do something that’s wrong or risky (page 6); to be brave and do something that’s right or necessary (pages 7, 8, and 13)

patient: able to stay calm and not complain when something is hard

persevere: to keep trying and not quit

stand tall: to be brave and proud and strong

As you read each spread, ask children:

- What is happening in this picture?
- What is the main idea?
- How would you feel if you were this person?

Here are additional questions you might discuss:

Pages 1–5

- What does it mean to have courage (to be courageous)?
- What do you think it means to stand tall?
- What is something that’s hard for you to do that you try to do anyway?
- What is something that you do when you are asked or when you feel you should—even if you don’t really want to?

Pages 6–13

- What does it mean to dare? (*Be sure to discuss both meanings of the word as they are illustrated on page 6 and pages 7 and 8.*)
- Has someone ever said to you, “I dare you to do something?” Did you do it? What happened?
- How could it take more courage *not* to do something that someone dares you to do?

- When is a time that you spoke up about something?
- Why is it important to speak up for yourself when you think something isn’t right?
- Why is it important to speak up for yourself when you need something or when something is important to you?

Pages 14–19

- How are you showing courage when you keep doing something and don’t give up?
- What is a way you stand out from other people? How does feeling good about yourself help you have courage?
- Why do you think it is helpful to make the most of things that you can’t change? How does this show courage?
- Why does it sometimes take courage to make a new friend?
- How can you help someone else feel brave?

Pages 20–31

- What is something new you have tried? How did you like it? Why do people sometimes feel happy after trying something new? How can having courage to try new things make life better?
- How do you feel when you find courage to do something and you just do it? Tell about a time that happened.
- How do you think courage can help in everything we do?
- How can you make a big difference to someone you know?
- How can having courage help you be your best?
- What is something that you want to have more courage to do? What can you do to help yourself find that courage?

Courage Activities and Games

Read this book often with your child or group of children. Once children are familiar with the book, refer to it when opportunities arise for children to show courage. Notice and comment when children show that they understand the meaning of

courage and when they speak or act with courage. In addition, use the following activities to reinforce children’s understanding of why and how to have courage.

“I Can Be Brave” Pictures

Directions: Discuss situations from the book and everyday fears that children might share. Have children think of something they are afraid of doing. Invite them to tell the others about their fear, if they feel comfortable. (You may want to restate what a child has said to show support or clarify, but do not try to address a child’s specific fear at this point. If a child mentions a serious concern, follow up later in a private setting, while redirecting the child to a simpler situation for the group activity.) Talk together and help them think of ways that the fear could be overcome. After discussing several ideas, ask children to draw a picture that shows them overcoming their fear. Pictures could be included in the “Book of Courage” (page 34).

Courage Collage

Materials: Poster paper; magazines; scissors; glue; markers or crayons

Directions: Have or help children cut pictures from magazines that remind them of courage. You may want to prepare by finding several examples they might use. Then make a single group collage or have groups of three or four children make collages. Help children add pictures to the group collage. Invite them to tell you why these pictures remind them of courage. Write or have them write their responses under the pictures.

Finding Heroes

Directions: Ask children to learn a story about a family member, an ancestor, or a friend who displayed courage in a difficult situation. Invite children to report their stories. Ask and discuss questions like “What did the person do to show courage?” and “How can this story help you to have courage?”

Variation: Explore the careers of firefighters, astronauts, police officers, soldiers, athletes, and other occupations that may require courage or bravery. Read and discuss stories of