

## LESSON OVERVIEW

To help students understand the character quality of courage and ways to incorporate an attitude of courage in the home, school and community

## OBJECTIVES

The students will be able to:

1. Define "courage"
2. List qualities of a courageous person
3. Memorize the Saying for the Week

TEKS: 110.7 (5.4 A)

## ADVENTURE-BASED ACTIVITIES

- Write the word "courage" on the board. Ask the students what it means to be courageous. The quality of being brave. It is an attitude of facing and dealing with anything recognized as dangerous, difficult, or painful instead of withdrawing from it.
- A courageous person owns his own decisions and the consequences of his behavior, does what is right even though it may cost him, makes tough decisions and follows through.
- Have students write down one thing they are afraid of. Think of ways to overcome that fear. It may be fear of flying, fear of speaking in front of a group or fear of climbing. Emphasize that we all have fears. What is important is our response to our fears.
- Play "Diminishing Returns" found in the *Team Building Games*.
- Memorize the Saying for the Week.

### TEACHER RESOURCE MATERIALS

- Courage Sayings
- *Team Building Games*

### ADDITIONAL MATERIALS NEEDED

- None

## SAYING FOR THE WEEK

"Courage consists not so much in avoiding fear as in conquering it, when it is the right and responsible thing to do." — Paul Short

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The students will be able to:

1. Listen and answer questions related to stories of people who were courageous in spite of great difficulties

TEKS: 110.7 (5.7 A) (5.8 A)

## ADVENTURE-BASED ACTIVITIES

- Tell the students a story about a person who was brave. Books include *Jackie Robinson* by James Olsen or *More Amazing But True Sports Stories* by Phyllis and Zander Hollander. Stories about people of courage can also be found in the *Reader's Digest*, "Heroes" and "Personal Glimpses" or *Guidepost* magazines.
- Have students explore and report on athletes in different sports who showed courage. What qualities assisted them? What about their support system?
- Design a "Courage Wall of Fame" and have students find articles and pictures about people of courage.
- Have the students make a collage on butcher paper of courage quotes that are meaningful to them. Have them research quotes on the internet or in books.

### TEACHER RESOURCE MATERIALS

- None

## SAYING FOR THE WEEK

"Success comes in cans; failure in can'ts." — Unknown

### ADDITIONAL MATERIALS NEEDED

- *Jackie Robinson* by James Olsen
- *More Amazing But True Stories* by Phyllis and Zander Hollander
- *Reader's Digest* or *Guidepost* magazines
- Butcher paper
- Markers

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## OBJECTIVES

The students will be able to:

1. Discuss the courage it takes to say NO to unhealthy and destructive activities

**TEKS:** 115.7 (5.H)  
115.7 (9 B,F)  
116.7 (3 A,B,C)  
(4 A,B,C D,F,I)

## ADVENTURE-BASED ACTIVITIES

- Have the students identify unhealthy and destructive activities such as smoking, drinking, using drugs, overeating or sexual promiscuity. Ask the students to discuss why it takes courage to say NO to these activities. What fears are associated with saying NO to those who would like you to engage in unhealthy and destructive activities? They may include fear of rejection, fear of being called names, fear of not being part of the group or fear of being a "goody goody."
- Read *The Legend of the Youth and Rattlesnake* found in the TRM. And answer the questions.

## SAYING FOR THE WEEK

"Worse than a quitter is the man who is afraid to begin." — Unknown

### TEACHER RESOURCE MATERIALS

- *The Legend of the Youth and the Rattlesnake*

### ADDITIONAL MATERIALS NEEDED

- None

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## OBJECTIVES

The students will be able to:

1. Discuss different fears students have concerning a specific activity and how they can overcome them
2. Compose a song or poem about courage

**TEKS:** 116.7 (4 B, C, F, H, I)  
110.7 (5.5 F) (5.7 F, E)

## ADVENTURE-BASED ACTIVITIES

- Have students determine a "Fear for the Year" they would like to accomplish. Examples are rock climbing, flying, playing soccer, baseball, or basketball, speaking in front of groups, participating in school events, or mastering certain subjects. Discuss fears associated with the activities. Specific things they can do to overcome their fears include gathering facts, talking with experts in the field, watching others, practicing, taking deep breaths, trying in spite of feelings of fear and setting realistic goals with short term measurements.
- Have the students create or compose a song or poem about courage. They may want to compose a cheer. Have the students read or act out their compositions.
- Discuss Todd Beamer's courage on September 11, 2001.

### TEACHER RESOURCE MATERIALS

- None

## SAYING FOR THE WEEK

"Let's roll."—Todd Beamer

### ADDITIONAL MATERIALS NEEDED

- None