

# CHOICES

## Lesson on Courage

**Goal:** Kindergarten students will learn and understand what the word Courage means.

**Activity:** Creating a Courageous Story!

**Materials:**

Color Crayons and Paper



**Group Project:**

Let your students know you are going to draw a picture of an animal you find courageous. Draw a mouse and show it to your students.

Remind your students courage is not about size or muscle strength but courage is about one's inner strength to face adversity and difficulty in their life.

Ask them when are times a mouse has to show courage?

Have your students, as a class, create a story about how a mouse showed courage. They can even create a play to act out the story they created.

**Individual Project:**

Ask your students to draw a picture of 3 animals they feel are courageous and to name each animal.

Ask the students to explain what qualities make the animals they drew courageous.

Now ask each student to talk about a time when they were afraid. How did they feel? What were they afraid of?

Following this, ask each student to choose one of the animals they have drawn and explain how that animal would have helped them have courage in a time when they were afraid.

In the future you can remind students that when they are afraid to remember the animals they drew in class and think of those animals to give them courage.