

# Shine a light

on...

## Courage



11<sup>th</sup> November to 8<sup>th</sup> December



COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, "I WILL TRY AGAIN TOMORROW."  
(MARY ANNE RADMACHER)

**BE STRONG *and* COURAGEOUS!**

DO NOT *be* AFRAID OR DISCOURAGED.

FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO.



*Joshua 1:9*

**COURAGE IS NOT HAVING THE STRENGTH TO GO ON. IT IS GOING ON WHEN YOU DON'T HAVE THE STRENGTH.**

What the bible says about courage.

Did you know that the word 'courage' comes from the Latin word 'cor' which means 'heart'. Courage is often about using the drive in your heart to continue to do what you would normally do, even when faced with extraordinary or challenging situations. Many Christians believe that God asks us to offer our skills, talents and abilities in the face of adversity, and that he will use that courageousness to achieve great things. We ask that children develop their courage to increase their confidence to be themselves, risk their own social status to stand up for others, and share their work even in the face of criticism.

It is important to know that courage doesn't always feel brave. On the inside, it can feel like anxiety, fear, or self-doubt. This is because courage and fear always exist together. If there is no fear, there is no need for courage. It isn't about magic, making us not be scared, it is something that happens inside us to make us push through fear, self-doubt, anxiety, and do the things that feel hard or risky or frightening. Sometimes, courage only has to happen for seconds at a time - just long enough to be brave enough.

Courage might mean being kind to the new child in class, trying something new or speaking up for something you believe in. Often, these things don't come with fancy celebrations and a big well done! The differences they make can take time to reveal, but the differences these actions make will always be there, gently taking shape and changing our lives in some way.

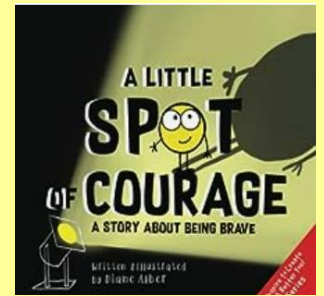
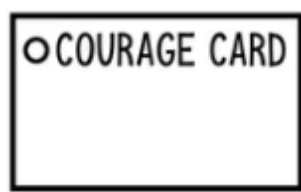
Saturday 11<sup>th</sup> November is 'Remembrance Day.' This is a national opportunity to remember the service and sacrifice of all those that have defended our way of life in **all** wars since the First World War. We remember the courage, both physical and mental, that these individuals displayed for years on end, in order to protect their country.



Why not do what the 'Little Spot' suggests and make some courage cards? Every time you do something brave, write it down and store in a courage jar. You can grow your own spot of courage!



Why not share a book about courage. Try this read aloud of [A little spot of courage](#) [A Little Spot of Courage a story about being brave by Diane Alber – YouTube](#)



### Did you know there are different types of courage?

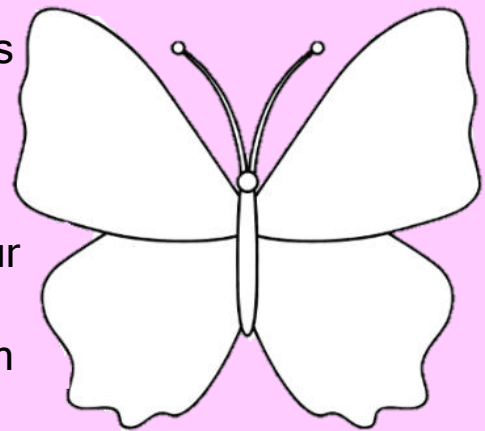
**Emotional courage** – Following our heart. Knowing it's okay to feel a range of emotions - both pleasant and unpleasant - and knowing these won't stay forever!

**Intellectual courage** – This is about our willingness to learn, unlearn and relearn with an open and flexible mind.

**Social courage** – To be our self in the face of challenge. It can involve the risk of embarrassment or unpopularity.

**Moral courage** – Standing up for what is right. This involves doing the right thing even when it is uncomfortable or unpopular, particularly for the good of others.

According to Dungate and Armstrong, there are several types of courage that one can show. Read about them in the box to the left. Butterflies are a great symbol of courage, they are free to be themselves and dance! Why not create a poster to show examples of the 4 types of courage that you can show to be your true self. Use the template on the next page to help you if you wish.



Look at these real life stories about people who have shown courage in their lives.