

Shine a light

on...

Courage

29th October 2021



What the bible says
about courage.

Courage doesn't
mean you don't
get afraid.
Courage means
you don't let fear
stop you.

curiano.com

In a world where it is easy to see success as the result of smartness or having the right opportunity at the right time, it is hard to remember that behind so many brilliant successes are failures, rejections, and unexpected turns. Without exception, there is also courage. Courage to keep going, to find a different way, and of course the courage to try in the first place.

It is important to know that courage doesn't always feel brave. From the outside, courage often looks impressive and powerful and self-assured. On the inside though, it can feel like anxiety, fear, or self-doubt. This is because courage and fear always exist together. It can't be any other way. 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.

It's also important to realise that we don't always see the effects of it straight away. 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 fireworks or applause. In fact, they rarely do. The differences they make can take time to reveal, but when actions are driven by courage, the differences these actions make will always be there, gently taking shape and changing our lives in some way.

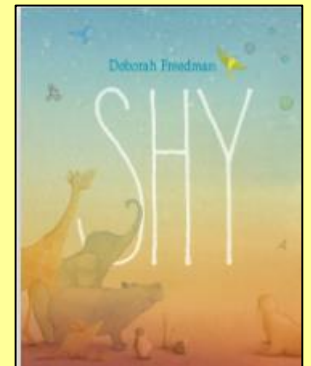
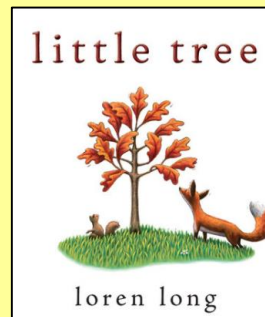
Now we have settled in to a new school year and we are more familiar with the adults in our classes, we will need to remember what courage feels like. We will need to remember the benefits of being a little brave and stepping out of our comfort zone in order to learn, grow and develop (even when we feel scared). To help this, why not try some of the activities below. Remember to send in examples of activities that you have done that show courage. 10 house points for every example received!

Make a family deal to try something new every week. It could be something small like a new vegetable or cereal. Or it could be a new hobby like drawing or sport – something you have never done before. Be sure to share how you felt with each other and try to go back to it again and again to build your resilience!

Talk about what scares you. Make a list of them and as a family, come up with or use the internet to help you come up with ideas to help you be less afraid. Then, when you find yourself in a situation where you have to face them, you will already have a plan to boost your courage!



Why not share a book about courage. Try this read aloud <https://www.youtube.com/watch?v=wopgngVWixs> of Little Tree or Shy <https://www.youtube.com/watch?v=Jvp1EynoZBg>



Complete a journal/diary where you write down your thoughts and feelings for the day. Try to find one thing that you have learnt and one thing that has gone wrong. Make sure you write down how you felt about what went wrong and what would help you feel better next time!

Learn real life stories about historical figures such as Rosa Parks and Amelia Earhart. How were they brave? What could you learn from them?