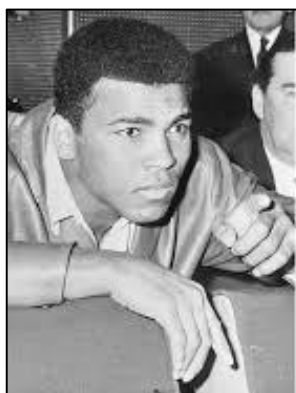


Shine a light

on...

Courage

11th November to 8th December



"He who is not courageous enough to take risks will accomplish nothing in life"

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

curiano.com

What the bible says about courage.

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. 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 fancy celebrations and a big well done! 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.



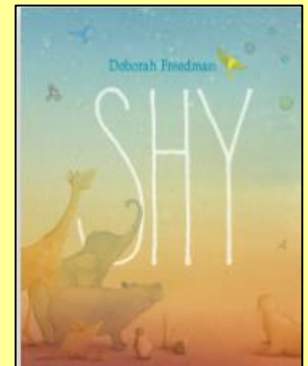
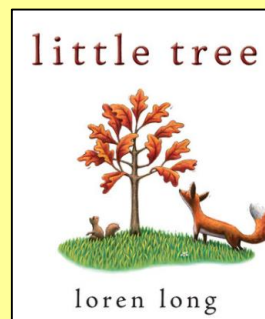
Friday 11th November is 'Remembrance Day.' This is a national opportunity to remember the service and sacrifice of all those that have defended our way of life in **all** wars since the First World War. We remember the courage, both physical and mental, that these individuals displayed for years on end,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

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=wopgngVWxs> 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?