

Shine a light

on...

Courage



30th June 2023

**So do not fear,
for I am with you;**
do not be dismayed,
for I am your God.
I will **strengthen** you
and **help** you;
I will **uphold** you with
my righteous right hand.

-Isaiah 41:10

I learned that **courage** was
not the absence of fear,
but the **triumph** over it.
The **brave** man is not he
who does not feel afraid,
but he who **conquers that fear**.

- Nelson Mandela

AZ QUOTES



What the bible says
about courage.

Courage is
not having
the strength
to go on; it is
going on when
you don't have
the strength.

Theodore Roosevelt

Courage is the ability to do something difficult even when there is a risk of failure, rejection or hurt. Courageous people often do and say what they think is right despite the fact that some may disagree with them. This is an important quality for us to nurture, as it truly can help make a positive difference to our own life and the lives of others.

Courage involves making good choices in the face of fear or obstacles. It's another term for bravery. Remember: bravery doesn't mean fearlessness. It means we do not let fear hold us back from exploring new opportunities, developing our skills, or doing what is right.

We all need a bit of courage, particularly in the following situations:

- *when trying new things even if we are scared, like learning to swim or joining a new club*
- *when trying to master a new skill even when we are frustrated or other people laugh at our attempts.*
- *when making the 'right' choices in difficult situations, like standing up for another child who is being hurt.*
- *when admitting to our mistakes, like owning up to saying unkind things and facing the consequences.*

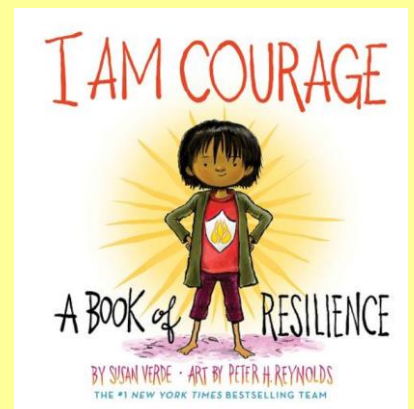
Having courage helps us to persevere against challenges, and in the process it raises our self-esteem. When we feel good about ourselves and see that we have the power to make courageous choices, we are more likely to be happy and successful.

As we start to think about a new school year, there could be a few things that are possibly making you feel a little uneasy. What will your new teacher be like? What about your new classmates? You already find writing tricky, what will the new expectations be like? All this is normal, but it may help you to write down your feelings – you could even write a poem to think about the possibilities! We'd love to read them.

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!



Why not share a book about courage. Try this read aloud! [Am Courage, A Book Of Resilience - Read Aloud - YouTube](#)



Talk to a family member about what scares them. Ask them when it first started – do they remember what made them scared? What do they do to try and overcome this fear? How have they got on? Share your conversation by making a poster about what you found out!

Make a list of all the times that you have shown a little courage. These can be small things like trying a new food when you didn't want to, or big things like staying for a sleepover - even when you really didn't want to! Record what you did that helped you succeed and feel better!

Practise saying things like 'I should' and 'I can' when asked to do something tricky, rather than 'I can't' or 'I won't'!