

Courage Day 1 • Introduction

RAK Definition: Courage is being brave when facing new or difficult circumstances.

This lesson introduces the concept of Courage and gives students an opportunity to make a new connection with something they have likely heard about all of their lives.

Weekly Objectives

Students will:

- Identify symbols and acts of courage.
- Evaluate the difference between vulnerability and over-sharing.
- Evaluate their community through the lens of courage.

Resources / Materials

- Writing Supplies:**
Paper/writing utensils

Reflect / Assess

Deliverables:

- Daily Participation points
- Courage Journal Entry:**
Sometimes we think of courage as always doing the difficult thing, and never giving up. We think courage and perseverance are the same thing. But sometimes the courageous thing to do is to stop doing something or to choose to quit. What are some circumstances you have experienced or could imagine where actually the most courageous thing to do is to stop or quit something?

Share

- Review the RAK definition of Courage



Discussion Starters:

- When you think about courage as defined by the Random Acts of Kindness Foundation, what acts of courage have you done or witnessed in your life?

Inspire

When you think about courage in general, what symbols of courage come to mind? *Idea starters could include the Red Cross symbol, the Purple Heart, soldiers, firefighters, police officers, people fighting a disease.*



Is there a universal symbol for courage?

Empower

We are going to think about courage through the lens of the previous five kindness concepts. What comes to mind when you add courage to the other five concepts? Solve the “courage + kindness equation” [Courage + Kindness Concept = ?].



Example: Courage + Caring = Frontline hospital worker during a pandemic

Example: Courage + Integrity = Saying no to cheating on a test when all your friends are doing it and they are pressuring you to cheat too.

Have students work on these courage equations either on their own or in groups and have them bring their answers back to the large group when they are done for sharing and discussion.

Five concepts: Respect, Caring, Inclusiveness, Integrity, and Responsibility