

# Courage Day 3 • Personal Connection

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

In this lesson students will think about the new or difficult challenges they have faced before and will face in the future and then brainstorm courageous responses to those situations.

## 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:** What is something you can repeat to yourself that will remind you to be courageous, even when the situation is new or difficult? Give yourself a courage mantra that you can repeat when things get difficult.

## Share

**Discussion Starters:**

- What is a new or difficult circumstance you have faced in your life and how did you handle it? Did you feel courageous at the time?
  - *Remind students to share only what they are comfortable with others knowing about them. Also remind everyone to be kind and respectful of their vulnerability.*



## Inspire

While you may have had some new or difficult circumstances in your lives so far, you are nearly “on your own” and will certainly face new and difficult circumstances in your adult life.



**Discuss:**

- What are some universal new or difficult circumstances that affect most teens during high school and require a lot of courage to navigate?
- In what ways do you think it is easier or harder to be courageous as teens versus when you are an adult?

## Empower

Have students break into five groups based on what their plans are for after high school (if most kids select one or two options and the groups are imbalanced, you can split the bigger groups up, too).



- 4-year College
- Apprenticeship/Trade School/Community College
- Workforce
- Military
- Undecided

**\*Teachers:** Feel free to adjust these groups based on your students.

As a group, brainstorm new or difficult challenges you see happening in this particular post-college setting or experience. Think of between 3-5 challenges, at least. Then, for each one, think of at least *one courageous* way to face that challenge. Write down both the challenge and your courageous response. If time permits, bring the lists back to the large group for sharing and discussion.