

# All About Courage

Parents,

Hello! Here at school, we have been very busy learning about courage- what it means, and why it's important! Learning happens best when it is done both at school and at home. Below are many ways that you can help your child continue to learn about the theme of courage through reading about it, talking about it, and practicing it! We have really enjoyed exploring this topic at school, and I hope your family will enjoy it just as much!

## Read About It!

Here are some books to help you learn more about courage:

- Sheila Rae, The Brave by Kevin Henkes
- Oh Yeah! by Tom Birdseye
- Courage by Bernard Waber
- The Bravest Fish by Matt Buckingham

## Practice It!

Together with your child, create a list of things you are afraid to try. Hang this list in a visible place, and cross them off when you have accomplished them. Everyone in the family can have things on this list. A great way to teach children that courage knows no age!

## Talk About It!

Here are some discussion points to help you talk about courage with your child:

- What do you think courage means and why is it important?
- Tell me about a time that you did something you were afraid to do.  
How did you feel after?
- What keeps you from being courageous sometimes?
- Is there anyway that I can help you be more courageous?
  - What would you do if you knew you wouldn't fail?
  - Who is the most courageous person you know?