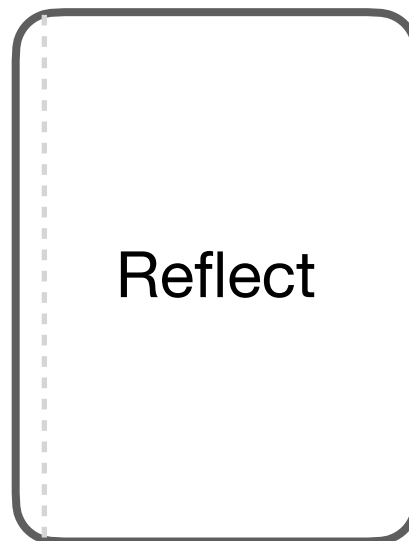
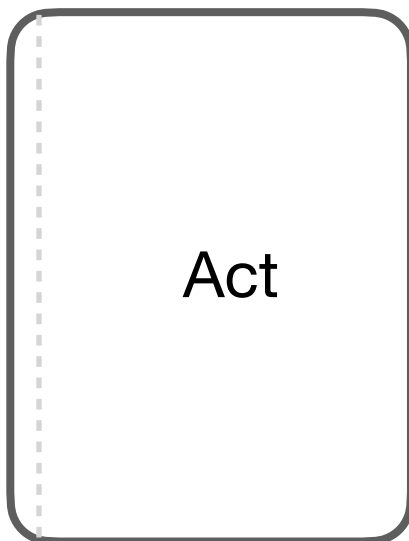
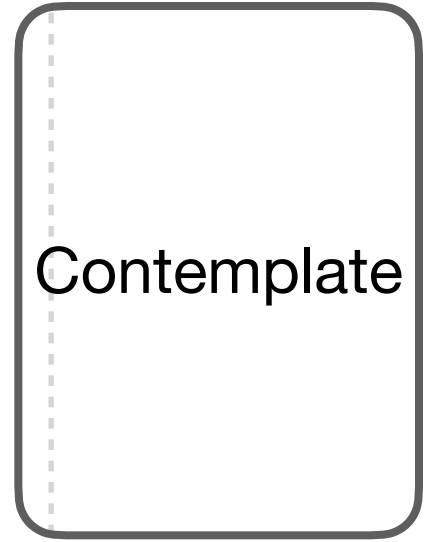
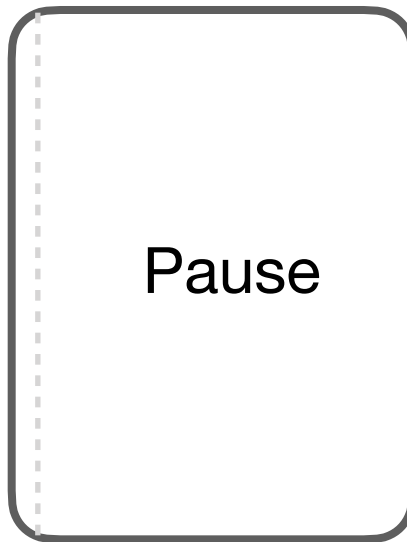
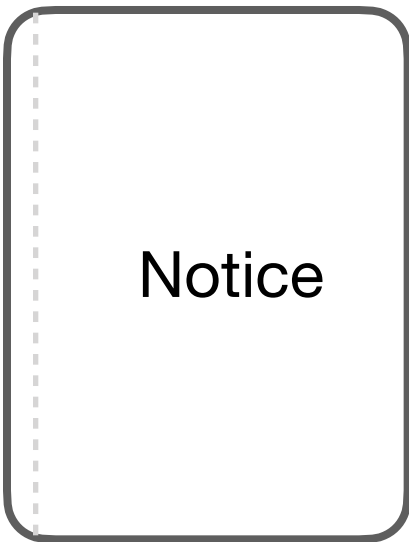


Becoming Courageous

“my small act of courage” instructions

1. Think of a time when you were courageous. It is really important to remember that courage happens in small ways as well as big ways, so for this exercise, think of a way you were courageous in a small way.
2. Analyze how you were courageous. On the first sheet, use words and pictures to show the 5 elements of your small act of courage.
3. Cut out the doors below. Fold on the dotted lines. Use a piece of tape or use glue to attach them on the left side.
4. Share with a classmate. First tell them what your small act of courage was, and ask them to guess what the 5 elements of courage looked like. After they have guessed, they can open the door and see if they could guess how you acted. Then it is your turn to guess about your classmate’s small act of courage.



Becoming Courageous

my small act of courage

Courage doesn't always roar.

*Sometimes courage is the little voice at the end of the day that
says I'll try again tomorrow*

-Mary Anne Radmacher

My "small act of courage" was _____.

Notice

Pause

Contemplate

Act

Reflect