

## Courage October 2019



### SAY IT:

Being brave enough to do what you should, even when you're afraid

### KNOW IT:

#### ASK A KID:

- Think about times that you have been afraid. Who have you talked to about it? Did you talk with your parents or a teacher, or a friend? What advice did they give you?
- Has there ever been a time that you can think of that you were extremely brave? Discuss this example and how you were able to have courage.

#### ASK A GROWN UP:

- What does it mean to have courage?
- When you were young was it difficult to be brave?
- Share examples of times when you were a child and now as an adult when you have had to have courage. Discuss examples across multiple settings: home, school, church, work, sports, etc.

### SEE IT:

The cowardly lion character from *The Wizard of Oz* is a great representation of someone who initially is afraid but becomes very courageous. Even though the lion believes that he lacks courage, he consistently proves to himself and those around him that he is brave. He hunts for food even when he is afraid. He cuts down trees and he jumps the yellow brick road, all things that require an immense amount of courage and bravery.

### BE IT:

Identify things with your family that make you feel afraid. Write these things down. Next, seek opportunities this month to work on being brave. For example, if you are afraid of public speaking, volunteer in your class to present a project or give a speech. It takes courage to handle difficult or hard situations, and we all need practice to do the right thing even when we're afraid.



# Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

**The more you know them, the more they will...**

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

**So don't miss it.** The better you understand who your kids are now, the better they'll understand who they're meant to be.