**HEROES: KNIGHTLY VIRTUES**

**COURAGE: YEAR 6**

**HEROES:**

**KNIGHTLY VIRTUES**

**Courage is:**

- Trying new things even if we feel afraid of doing them.
- Being able to face our fears.
- Having the inner strength to be the best that we can be.
- Being brave.
- Standing up for something that you believe to be right.

**Without courage:**

- People would miss out on trying new things.
- We would not challenge or bring about change.
- We would not reach our full potential.
- Society would never change.

**LEARNING OBJECTIVES:**

To understand that we can learn how to be courageous from the example of others.

**Suggested Resources:**

Use the Rosa Parks Lesson Plans from the Knightly Virtues project. [www.jubileecentre.ac.uk/knightlyvirtuesresources](http://www.jubileecentre.ac.uk/knightlyvirtuesresources) [available 03/15].

**Character Coaching**

**Guidance:**

Please be courageous and ask for help if you need it. When we find ways of reducing our fear, we are using courage.

**Correction:**

Remember, this is an example of true courage and bravery. We may not ever have to face such a difficult problem but we can apply what we have learned to our own lives.

**Meaningful Praise:**

I am proud of you all today for being courageous enough to accept that you have fears and to think about challenging yourself to face these.