

FACING OUR FEARS

SESSION B



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.

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.

LEARNING OBJECTIVES:

To be able to think about how we can face our own fears in life.

Suggested Resources:

Blank storyboards (with spaces for pictures and text).

Script:

Read through the definition of courage above .

“Last week, we read the story of *The Tunnel*. Did we notice any of the courage statements reflected in the story?”

Today, you are going to use this story to help you to think about how you can face your own fears.”

Suggested Activities:

Ask the children to work in pairs to re-enact the story from last week. Ask one or two of the pairs to show

Character Coaching

Guidance:

Please be courageous and ask for help if you need it!
It may take courage to face your fears.

Correction:

Courage is what helps us to notice our fears and try to reduce them. Sometimes we are afraid of things we don't need to be afraid of: this is where courage helps us.

their performance to the rest of the class. At certain points in the story, freeze frame the girl. How does she feel at this point? (You will need to explain the idea of freeze frame to the children –they pause in the story but stay in character when they are questioned.)

Now hand out the storyboards to the children. Ask them to think about something that they have a fear of. Some children may need help exploring these fears. Now explain to the children that they are going to create their own stories in which they will be the main character and they will think about their fear and in the story, show how they manage to be courageous and face up to their fear.

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.