

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 [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.