

To Courage



Courage is showing bravery, even when you're scared.



"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

Activity 1

Aim(s)

- To introduce the concept of courage.
- To look at and explore the young people's own fears.

Resources

- *People and Fears* Pictures.
- *Scary Situations* Power Point slide.
- *When am I Most Scared?* Worksheet.
- Post-it notes and pens.

Delivery Guide

Part I



It works well if you can add some pictures of other familiar facilitators and details of their fears into the *People and Fears* activity.

Take all of the *People and Fears* Pictures and put them up on the walls or tables around the room. Give out post-it notes to the young people and ask them to guess what each of these people are scared of. They need to write their guess on a post-it note and put it on the picture.

Once everyone has had a guess, reveal the answers: Are they surprised by any of them? Are they afraid of any of the things the celebrities are afraid of?

Name

Michael Jackson
Daniel Radcliffe
Jennifer Aniston
Sean Combs (P-Diddy)
Orlando Bloom
Madonna
Ant and Dec
Rihanna
Jessie J

Afraid of:

Flying
Clowns
Flying
Clowns
Pigs
Thunder
Insects
Childbirth
Heights

Part II



Facilitators can take part in this activity along with the young people, sharing what they are afraid of.



Try to do this as individuals.

Ask the participants:

What is the most frightening situation you can think of?

Get them to come up with scariest situation they can think of. They can write it or draw it. They can use the *When Am I Scared?* Worksheet if they want, and some inspiration can be found in the *Scary Situations* Power Point Slide.

Ask them to imagine they're faced with one of the situations they're afraid of and think about the two questions:

- How does it make you feel?
- What are you thinking?

Ask them to think about if they were in that situation and acting with courage and bravery:

- What would they do?
- What would that look like?

Points to highlight

- Everyone has fears!
- Some things will scare some people but not others (someone can be scared of spiders, or heights, but their friend isn't).
- There are physical manifestations of fear; raised heart rate, sweat, shaking etc.
- Courage is not necessarily physical. There are lots of different types of courage, including emotional courage or moral courage.

Activity 2



Aim(s)

- To explore different types of courage.



Resources

- *Types of Courage Worksheet*.



Delivery Guide



This can be completed in small groups or as individuals.

Have a look at the *Types of Courage Worksheet* and go through the different types of courage. Then look at the scary situations that came up in Activity 1 and try to categorise them into situations that need different types of courage.

If there are any types of courage missed out, ask the young person to see if they can come up with a situation for it. Remind them that the situation doesn't need to be a big, dramatic situation – it can be a little one such as speaking up in class, or trying a new type of food. Some situations might need a few different types of courage.

Points to highlight

- Not all fears or situations requiring courage are big dramatic ones (ie. heights, ghosts, spiders etc). Courage can be small and for everyday things.
- There are different types of courage.



Extension Activities

Ask the young people to research and come up with people who have shown courage. This works well if they are able to look for people who are in their local community or those they have known, but they can look more widely. They can put together a presentation (which can include written work, pictures or even a short film recorded on a smartphone or similar) about the person they have chosen which include answers to the following kinds of questions:

- What did they do that required courage? Tell the story.
- How did they conquer their fear?
- What kind of courage did they show?

This could be presented back to the group.



Further Resources

This is a good 'starter' list of people in history who have shown incredible courage:

mentalfloss.com/article/56157/11-incredible-acts-courage (available 8/16)



Links to Other Areas of the Curriculum

Various:

The extension activity can link with a number of different lessons, including History and English.

