



Greater Good in Education
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

MY COURAGE CHALLENGE

Taking up a Courage Challenge:

1. Describe the situation. What is the risk involved? What are your options or choices?

2. What do you intend to do? What is the value that you want to pursue?

3. Which one of the character strengths will this require?

4. What fears come up for you when you think about doing this action? What support would you need/ want from your peers or teacher in order to take this action?

After Completing the Courage Challenge:

1. Describe your courageous choice or action.

2. How did it feel in your body while you were doing it? Did you feel calm and collected, impatient, anxious, stressed, vulnerable or something else? How did your body feel afterward?

3. How did your courageous act benefit you, others, or the environment? Or how did it not?

4. What was it about your courageous choice or action that is important to you? What would you like to remember about it? Why?

5. What are you more sure of, about yourself, now? What are you less sure of? What are you curious about?

Name: _____