

Module 7.6

COURAGE for Students and Educators



TAKE IT DEEPER: Your Courage Hero

When we want to foster more courage in ourselves, it can be helpful to look to the people we admire or who show great courage in our lives.

Think of someone you know, or someone famous, who has shown (or continues to show) great courage. Use the space below to write a paragraph (or a few bullet points) about this person, using these questions as prompts:

- Why do you consider this person courageous?
- What have they been through or done that required/requires courage?
- What other character traits or strengths do they have that you think boost their courage?
- What contexts or supports surrounding this person can you identify as courage boosters?

A large, empty gray rectangular area intended for students to write their responses to the prompts.

Now take a moment to reflect on the following:

- Can you identify some traits or strengths that you have in common with this courage hero?
- What life experiences can you relate to with this person, if any?
- What contexts or supports do you have to support your courage?

A large, empty gray rectangular area intended for students to write their reflections.