



WiseSkills® FAMILY WISDOM™

Helping Families Teach Good Character

Standing Up for Our Convictions

Dear Parent/Guardian:

WiseSkill # 20

Courage



Courage involves standing up for what you feel is right, even when it could hurt you--such as rejection, a lost job, or a lost friendship. To be a person of courage, we have to know exactly what we believe and be ready to stand up for our beliefs no matter what the cost.

For adults, courage involves holding to our values even when it may be hard. Children develop courage as they learn to hold onto what they know is right, even though they may feel pressure to give in to others. Then when they become teenagers, they can resist pressure from peers to make poor choices.

Sincerely,



"I'm from the calorie police, and I'd like a word with you."

PERSONAL THOUGHTS

1. How have you shown courage and stood up for what you believe?
2. In what ways is it hard for you to show courage?
3. What are some of your beliefs that you have stood up for in the past?

MODELING MOMENTS

Being an Example of Character

1. **UNDERSTAND** your own beliefs in different areas of your life.
2. **EXPLAIN** to your child the importance of standing up for what you believe is right, even when there is a cost.
3. **SHOW** courage when you need to stand up for your beliefs.

Parent/Guardian Signature

YES! I have read this **FAMILY WISDOM** newsletter.

X

Parent/Guardian Signature

Student

Date

TEACHER/FAMILY COMMENTS



Dear Parent/Guardian:
Please do the activities
checked with your child.

Courage
Ages 8-10

1. Showing Courage

Together, make a list of different situations a person could be in where people are doing things that are wrong. Then write ways a person could show courage in each situation.

Situation	How to Show Courage

2. Courage Stories

Together or separately, interview 3 people and ask them to share one story where he/she showed courage in a hard situation.

Person	How He/She Showed Courage

3. Completing Stories

Each of you write a short story where people are doing things that are wrong and a character is faced with a hard decision about whether or not to show courage. Do not write about the decision the character finally makes. Give your stories to each other and finish each other's stories, including what the character decides. Then read the final stories to each other.

4. An Example of Courage

Discuss a person in the news or someone your child has recently studied who has shown courage. Discuss ways that showing courage was probably hard for this person.

5. Courage Sculpture

Get some modeling clay from a local art store and each of you make a simple sculpture that shows someone showing courage.

STORY WISDOM



Finding Life Lessons in Children's Stories

1. Discuss how a story character showed courage by standing up for what was right. Discuss the risks the character took to show courage.
2. Have your child write a letter of advice to a character explaining how the character could have shown more courage.
3. Discuss all the different situations in a story where characters could have shown courage.

MEDIA WATCH



Understanding Media Messages

1. Discuss how a TV character could have shown more courage by standing up for what is right.
2. Discuss poor choices characters made in a current movie and how other characters showed, or could have shown, courage.
3. Discuss whether a video game your child plays encourages actions that show courage.

DINNER DISCUSSIONS



Discussion Ideas for Meals Together

1. Have older family members tell about times when they did not show courage in a situation.
2. Discuss famous people in history, or in current events, who showed courage in hard situations.
3. Discuss what could happen if no one showed courage and stood up for what was right.

QUOTE CORNER



Thoughtful Sayings to Display & Discuss

Bravery is the capacity to perform properly even when scared half to death.

--General Omar Bradley

Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.

--Winston Churchill

Courageous risks are life-giving; they help you grow, make you brave, and better than you think you are.

--Joan L. Curcio

Parent/Guardian Signature

YES! Our family has done, or will do this week, the activity/activities checked.

X

Parent/Guardian Signature

Student

Date

Table Thoughts Table Tent

- Doing what you believe is right even when it is hard or you are afraid.
1. Show courage today by not doing wrong things that others may want you to do.
 2. Show courage today by standing up for someone who cannot stand up for him/herself.
 3. Notice how other people can try to pressure you to do what is wrong. Encourage them to do what is right.



WiseSkills® FAMILY WISDOM

Courage



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Courage

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Directions: Cut on black lines. Fold on dotted lines. Insert tab into slit. Keep on your table as a reminder to show good character.



Copy this page, then cut along this dotted line and distribute to families.



Refrigerator
Reminder

WiseSkills®
FAMILY WISDOM

Display on your
refrigerator as a
reminder to show
good character.



Courage

Doing what you believe is right
even when it is hard
or you are afraid

With Family

- Make good choices at home even if others encourage you to do what is wrong.
- Encourage family members to see things positively.

With

- Even if others are doing what is wrong, stand up for what is right.
- Encourage others to do what is right no matter what.

At School

- Stand up for what is right if you are told to do something that you know is wrong.
- Understand what you believe and what you will do if you are asked to compromise.

At Work

- Show courage by not doing anything you know is wrong even if your friends want you to do.
- Tell your friends why you won't do certain things.



Character Theme

Name: Television

Character Lessons



Dear Parent/Guardian:

A good story has an interesting problem or conflict and the characters in the story try to resolve the conflict. To resolve the conflict, story characters make choices. Those choices and their results often teach a story character important character lessons. Watch a TV show with your child. Discuss the characters in the show, the different choices they made, the results of those choices, and the character lessons those characters learned. Then do a few activities in *More Wisdom*.

TV Program: _____ Date: _____ Time: _____

Character	Choices He/She Made	Results of Those Choices	Lessons Learned

Parent/Guardian Signature

X _____
Parent/Guardian Signature

Date

Teacher/Family Comments

- More Wisdom**
1. Which choices were good choices to make and which were not good choices to make?
 2. Discuss if any family member has learned a lesson similar to what one character learned.
 3. Each of you write a letter to a character about how you feel about what he/she did.

Visiting a Nursing Home



Dear Parent/Guardian:

Our community is full of many needs--many of which we may never see. More and more of the elderly are living in nursing homes, and many of these have few or no visitors. This provides you and your family with a special opportunity to show kindness to those who are often neglected and forgotten. Below are some ideas of things you can do with nursing home residents and suggestions for some local homes to visit.

FAMILY SERVICE PROJECT IDEAS!

- 1.** Developing Friendships with Residents
- 2.** Making Special Cards or Gifts
- 3.** Teaching a Simple Craft
- 4.** Performing Music or Skits

Local Nursing Homes:

Name:
Address:
Phone:

Name:
Address:
Phone:

Name:
Address:
Phone:

Name:
Address:
Phone:

Parent/Guardian Signature

YES! I have read the project ideas in ***FAMILY SERVICE***.

X _____
Parent/Guardian Signature

_____ Student _____ Date

Teacher/Family Comments