



# WiseSkills® Family Wisdom™

Activities for  
Families

Dear Parent: Please do the activity/activities checked with your child. Thank you.

## Courage Ages 11-13

### 1. Courageous People

Each of you make a list of people who have demonstrated courage. Include famous individuals as well as people you know. Show your lists to each other.

### 2. Courage Paragraph

Each of you write a paragraph about a time when you resisted peer pressure and showed courage. Read your experiences to each other.

### 3. People Pressure

Together make a list of the kinds of pressure people may feel from peers or from popular culture (e.g., be slim, drive an expensive car, listen to certain kinds of music).

### 4. Real Situations

Each of you make a list of situations you could face where you could show courage. Write what you could do in each situation to show courage and the possible negative consequences and benefits.

Situation	Showing Courage	Negative Consequences	Benefits of Courage

### 5. Showing Courage

Each of you make a list of general situations in which a person could choose to demonstrate courage. In each situation, identify what the person could be afraid of and the pressure on the person to not stand up for his/her convictions.

Situation	How to Show Courage	What Could This Person Be Afraid Of?	What Is the Pressure on This Person?

### World of Wisdom



#### Connecting School & Character

1. Discuss how a story character faces a fear and demonstrates courage. Highlight the costs of the character's courage. [Language Arts]
2. Discuss how historical leaders your child has studied showed courage in difficult situations. [Social Studies]
3. Discuss job situations where employees could stand up for what is right and show courage. [Careers]

### Character Check



#### Questions for Evaluating Our Character

- ✓ How have you stood up for your convictions and shown courage recently?
- ✓ What have you decided beforehand that you will stand up for even when you may be afraid of the consequences?
- ✓ How do you deal with pressure from your peers to do something that you do not feel comfortable with?

### Media Watch



#### Understanding Media Messages

1. Discuss whether characters on a TV show resisted peer pressure with courage.
2. Discuss how a movie character showed courage by standing up for his/her convictions.
3. Discuss whether a web site your child visits encourages people to make choices based on their own values rather than others' views.

### Dinner Discussions



#### Discussion Ideas for Meals Together

1. Have family members tell about times when peers encouraged them to do something right.
2. Have family members define in their own words what *courage* means to them.
3. Have family members tell about a time when they saw someone show courage.

## Parent Signature

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

X \_\_\_\_\_

Parent Signature

Student \_\_\_\_\_

Date \_\_\_\_\_