

Courage: Getting Started

Inspiring Words

In the treasures of the knowledge of God there lieth concealed a knowledge which, when applied, will largely, though not wholly, eliminate fear. This knowledge, however, should be taught from childhood, as it will greatly aid in its elimination. Whatever decreaseth fear increaseth courage. Should the Will of God assist Us, there would flow out from the Pen of the Divine Expounder a lengthy exposition of that which hath been mentioned, and there would be revealed, in the field of arts and sciences, what would renew the world and the nations. A word hath, likewise, been written down and recorded by the Pen of the Most High in the Crimson Book which is capable of fully disclosing that force which is hid in men, nay of redoubling its

potency. We implore God -- exalted and glorified be He -- to graciously assist His servants to do that which is pleasing and acceptable unto Him.

(Baha'u'llah, Epistle to the Son of the Wolf, p. 32)

Printables

Page 1: Spiritual Treasure Box Projects

Page 2: Devotional

Page 3: Booklet

Page 4: Radiant Hearts Book Template

Page 5: Monthly Letter Template

Page 6: Daily Activities #18 and #19

See the "Printable" document for these pages.

Questions to Consider

How do I currently model Courage?

What are ways I would like to model Courage better?

How does my child currently exhibit Courage?

What aspects of showing Courage can I help my child work on?

Courage: Foundation

Prayer

O God, guide me, protect me, make of me a shining lamp and a brilliant star. Thou art the Mighty and the Powerful.

(‘Abdu’l-Bahá, Baha’i Prayers, p. 36)

Courage

Quotation

The source of courage and power is the promotion of the Word of God, and steadfastness in His Love.

(Baha’u’llah, Tablets of Baha’u’llah, p. 155)

Courage

Introduction to the Virtue

Courage is being brave. Even when we are scared or something is hard, we can be courageous and do what needs to be done. When we show courage, we keep going even when we feel like giving up. Courage comes from believing in yourself. You can gain courage by praying and trusting that God will help you.

Have you shown Courage when you were afraid before? How did it feel?

Can you think of a time when you showed Courage trying something new?

How do you feel when you make a mistake? Can you be courageous and try again?

Courage

Songs

Courage

(Virtues In Us #32)

I can do it, I can do it.
Yes I can, yes I can.
When I think I can,
when I think I can.
I can do it, I can do it.

Courage

This Little Light of Mine

This little light of mine, I’m going to let it shine x 3
Let it shine, let it shine, let it shine.
Won’t let anyone put it out, I’m going to let it shine x 3
Let it shine, let it shine, let it shine.
Hide it under my hat? No! I’m going to let it shine x 3
Let it shine, let it shine, let it shine.
Take my light around the world, I’m going to let it shine x 3
Let it shine, let it shine, let it shine.

Courage

Courage: Daily Activities

Activities for Every Month

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box project (quotation).	5. Make Radiant Hearts book page.	6. Add a jewel to the Crown of Virtues.

Games and Role Plays

<p>7. "Today we're going to play Mystery Bag and learn to be courageous guessing even when we're not sure about something." Take turns finding five small objects to put in a bag (draw string bags work well since you can make the opening fit just over your child's arm so they cannot see inside.) Have your child choose one object, feel it in their hand without taking it out of the bag, and have a guess at what it is. Then take it out to see what it is. Encourage them for guessing! Let them find objects and have you guess.</p> <p style="text-align: right;">Courage</p>
<p>8. "Today we're going practice seeing ourselves as a shining light when we meet new people." Sing "This Little Light of Mine" and talk about how your child has a very special light inside of them. Any time they are shy or nervous, they can remember this light and say, "O God! Guide me" and feel God helping them. Have your child practice his by role playing introducing themselves to the other children on the playground and inviting them to play.</p> <p style="text-align: right;">Courage</p>
<p>9. "Today we're going to practice standing up for ourselves." Role play when someone comes to take something out of your hand forcibly to say gracefully, "I am playing with this right now but when I'm done, I will give it to you." Talk about how sharing doesn't mean you give everything away but you work together to find a solution if you both want to use something.</p> <p style="text-align: right;">Courage</p>
<p>10. "Today we're going to go in a cave to be courageous in the dark." Make a cave by draping blankets over chairs. Go inside with a flash light and talk to your child about facing fear.</p> <p style="text-align: right;">Courage</p>
<p>11. "Today we're going to play explorers. Explorers have to be very courageous to go to a new place." Explore a new land/room and create obstacles for your child to come up with solutions for (finding a boat to sail, stormy weather, getting ashore, rivers to cross, etc.)</p> <p style="text-align: right;">Courage</p>
<p>12. "Today we're going to be courageous working on a new skill." Gather five bean bags, small balls, or even balled up scrap paper. Put a basket, bucket, or box one or two feet from your child and have them throw the items in. Move the receptacle back a foot or two until it is harder for your child but still possible. Talk about how it takes courage to do your best.</p> <p style="text-align: right;">Courage</p>

Courage: Daily Activities (continued)

Creative Arts

<p>13. "Today we're going to be courageous trying a new food." Work with your child to prepare a food that they have never eaten (or possibly even seen) before. Courage</p>
<p>14. "Today we're going to draw a picture of ourselves being courageous and learn some affirmations." Choose a situation your child can practice courage in (ex. Saying hi to a new person, climbing up a ladder, riding a bike.) Draw a picture of it and discuss the situation and how they might like to practice courage. Write down affirmations they can use such as, "I am strong," "I can do it," "I work hard," "I can find courage inside myself to try new things." Courage</p>
<p>15. "Today we're going to learn about how C is for courage." Hold your hand in a "C" shape and teach your child "C is for courage." When they are feeling shy or nervous they can do this sign to feel stronger and remember how they can show courage. Courage</p>
<p>16. "Today we're going to practice dancing and feeling strong." Teach your child how to take a deep breath and lift their arms up high in the air. Dance around to some favorite music and talk about how doing something joyful can remind you to feel strong and courageous in times you are a bit nervous or fearful. Courage</p>
<p>17. "Today we're going to learn a new skill and show courage while we try something that may be a bit hard." Learning something new takes courage. Teach your child to use a ruler, to trace around a cup, or to write on top of on your dotted lines depending on their previous experience. Praise them for their effort. Courage</p>
<p>18. "Today we're going to make shields to remember how God protects us." Cut out the shape of a shield out of cardboard (ie cereal box) and glue a cardboard handle on the back. Cover the front of the shield with foil and paste on the quotation in the heart from the last page of the Printables. Courage</p>
<p>19. "Today we're going to think about courageous creations in the world." Sing "Make me fearless" (tune is available in Online Lesson) and talk about how the things in the song show strength and courage. Use pictures on last page of the Printables to glue onto paper. Courage</p>

Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:

<http://www.enablemetogrow.com/courage/>