



# BRING IT HOME: Courage

## BIG IDEA

Courage is the ability to face and overcome fears. It is an important attribute of your child's character. Raising children to be courageous gives them the tools to conquer difficult challenges.

## ACT IT OUT

You want your children to be courageous. Teaching them to be strong and resilient as they face difficult situations and new challenges will help them develop this important character trait. Sit down with your children and talk about what it means to have courage. Ask them when they have to show courage and how you can help them be courageous. Encourage your child when they try new things or overcome a challenge.

## READ ABOUT IT

Check out these articles from All Pro Dad for more resources.

**5 Ways to Raise a Change Agent:** [allprodad.com/5-ways-to-raise-a-change-agent/](http://allprodad.com/5-ways-to-raise-a-change-agent/)

**4 Ways to Develop your Child's Moral Backbone:** [allprodad.com/4-ways-to-develop-your-childs-moral-backbone/](http://allprodad.com/4-ways-to-develop-your-childs-moral-backbone/)

**Teaching my Kids How to Overcome Fear:** [allprodad.com/dungy/teaching-my-kids-how-to-overcome-fear/](http://allprodad.com/dungy/teaching-my-kids-how-to-overcome-fear/)

## BOND THROUGH READING

### PreK – 1st Grade

**A Girl Named Helen Keller**

by Margo Lundell

**Super Manny Stands Up!**

by Kelly DiPucchio

**The Koala Who Could**

by Rachel Bright

### 2nd – 3rd Grade

**I am Jackie Robinson**

by Brad Meltzer

**Fly to the Rescue!**

by Megan E. Bryant

**Going Places**

by Peter and Paul Reynolds

### 4th – 5th Grade

**Ramona the Brave**

by Beverly Cleary

**Restart**

by Gordon Korman

**Just My Luck**

by Connie McGovern

## TALK ABOUT IT

- Week 1** Why is it important to have courage?
- Week 2** How can I be courageous when I face difficult situations?
- Week 3** Who is someone you think is courageous and why?
- Week 4** How did I have courage this month?

## CALENDAR YOUR KIDS

Try something new. Plan an activity for you and your child to do together that is new to both of you. When you're done, tell them you are proud of them for being brave and encourage them to keep being courageous.