

Family Viewing Guide

Character and Life Skills: **Courage**

Grade Level: **3-5**

The Facts

In his **Psychology Today** article “Courage: Working Our Way Towards Bravery,” author Steve Kotler poses that there are several different types of courage. Here are a few:

1. **Physical Courage:** when we challenge our bodies athletically or in ways that test the body’s strength
2. **Battle Fortitude:** when we join a team, either on a playing field, in a fight, in a war, or a debate
3. **Morale Courage:** when we stand up for what we believe, especially when faced with strong opposition
4. **Intellectual Courage:** when we speak in favor of an idea, especially when it goes against the grain of what most people think is true
5. **Empathetic Courage:** when we support the feelings of others, human or otherwise
6. **Emotional Courage:** when we do something that we know will hurt deeply right now knowing that we will feel much better later

Start a Conversation with Your Kids

1. When have you showed courage? How did you feel?
2. Looking at the list of different types of courage, which ones have you seen and which have you showed? How do you know?
3. Why is it important to have courage?
4. How can we help you build courage at home?

Advice from the Experts

Parent Map gives the following advice to parents on teaching courage:

1. **Help them see their own courage.** When you see courage in your children, identify it.
2. **Make a family practice of connecting and contributing.** Plan a short activity that gives back each week.
3. **Self-reflect in the presence of your children.** “At work today I heard someone say something not nice. I like this person but I didn’t like what they said. It was the first time I’ve been able to stop and let someone else know that I thought the comment was hurtful.”
4. **Model doing what is right for you, even when it isn’t popular with your child.**

Notes
