

# Step Up

Develop strength to face something difficult.

*This month we are focused on helping students understand that courage is not a magical remedy for fear. Instead, courage is a choice to push through fear, self-doubt, and anxiety to do things that feel hard or frightening. **We are partnering with you this month to grow your child's courage.** This month's activities will help your child understand that courage can equip them to make a positive impact at home, in school, and in the community.*



## 1 ENGAGE: Courage Role-Play

Discuss having the courage to do the right thing. As a family, role-play situations with your child where they might have to demonstrate courage. For example, role-play what it would look like if they saw a friend being rude to someone else at school. What would they do? How can courage help them stand up for what is right?



## 2 EMPOWER: Roles at Home

Create a list of household chores. Assign the various chores to each family member. Discuss any additional tools or support needed to accomplish each job. Have a weekly family check-in to celebrate success in completing each job by taking turns giving each family member an affirmation. Rotate chores and ask what additional support is needed.



## 3 EXCEL: Try Something New

Ask each family member to share something positive they want to do but have been afraid to try. Discuss what fears are getting in the way and steps to overcome those fears. Encourage everyone to try something new this month. Don't forget to celebrate each family member when they do!

## Conversation Starters

♥ Think of a friend at school you consider to be courageous. What are some ways they show courage?

♥ Describe a time when you were fearful at school, but you were able to overcome it because of your courage. What helped you to be courageous?

♥ Think of a recent failure at school. What was a lesson you learned from this experience?