

## **COURAGE – FIRST GRADE**

**Book and Lesson will be together in the media center. Materials are in the cabinet immediately to your left when you enter the media center.**

### **Materials:**

*Spaghetti in a Hot Dog Bun: Having the Courage to be Who You Are*, by Marian Dismondy  
Courage Poster

### **Activity:**

Today we will be reading *Spaghetti in a Hot Dog Bun*.

Ask the class: What does it mean to have courage? (Let students brainstorm some definitions.)

Explain that our character trait this month is COURAGE. Courage means being brave.

Courage means =   Doing the right thing when it is hard.  
                              We do what we should do even when it is hard.  
                              We stand up for what we think is right.  
                              We listen to our conscience.

Can you think of a time you had to be brave and have courage? (Listen to students ideas.)

Sometimes we show courage when we are afraid. What are some things you are afraid of? (Listen to students ideas.) When we are afraid of something, we can think of things to do to make us feel less afraid. For instance, if you are afraid of the dark, you can turn on a nightlight. If you are afraid of a dog, you can ask the owner if he is friendly. If you are afraid of scary movies, you turn the channel when one comes on tv, or leave the room. We show COURAGE in many other situations too.

Read the book. Discuss how Lucy felt about Ralph in the beginning, and how Ralph felt about Lucy in the beginning.

How does Lucy show courage? (She does the right thing by helping and feels proud of herself)

How do Ralph and Lucy's feelings change in this story?

### **Questions**

If Lucy did not show courage, would the story be different? How?

Can you think of a time you showed courage or had to be brave?