

COURAGE – SECOND 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:

Book: *Sheila Rae, the Brave*, by Kevin Henkes
Courage Poster

Activity:

Today we will be reading “Sheila Rae the Brave”. What does it mean to be brave? Let students brainstorm some definitions. Our character trait this month is Courage. Showing courage, is also 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.

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 the things that Sheila Rae was not afraid of, and what did make her feel afraid. Is it okay to feel afraid sometimes? Of course! We all feel scared sometimes, but there are things we can do to overcome our fears.

In the book, Sheila Rae said things to herself to make her less afraid. What did she say? (“ I am brave” and “I am fearless.”)

What can you say to yourself to feel better about your fears? (Share ideas- such as “I am safe.” And “That dog is friendly and won’t bother me.” Remember that we never want to make fun of someone because they are scared of something. If a friend is afraid, help them think of something they could do or say to themselves to feel better.

Questions:

Can you think of a time that you were brave or showed courage?