

COURAGE

- Courage is doing something even though you are scared.
- Feeling fear yet choosing to act.

1. Copy this week's CAN word here:



2. Copy one of our definitions of perseverance from above OR put the definition of perseverance into your own words. Do that here:

Next, WATCH this week's CAN video & answer question 3.

(A good trick is to read the questions before watching the video so you know what to do!)



In this week's CANspirational video, JJ has an interesting way to introduce Riya to courage!

3. In the video, what is odd about what's inside JJ's case?



Next, READ the CAN story and answer question 4.
(A good trick is to read the question first, so you know what you're looking for!)

4. Just like in the video, Collin seems to be holding nothing in his hands as he introduces his classmates to courage. As he goes around the room asking what courage is, the class begins giving their answers. List 3 of their "Courage IS..." answers below.

Courage IS... _____

Courage IS... _____

Courage IS... _____

We're almost done! Think about courage and your life.

One area that is important to focus on when talking about courage is to get young people to do what they want to do, not what everyone else wants them to do. The sad fact is that most people care more about what other people think than they do about they themselves think. They feel that it isn't cool to do something unless someone else says it's cool.

Part of being courageous is doing things you like to do, is listening to the music you like, watching the shows you like, liking the classes you like

7 Why is it important for young people to be courageous enough to like and to do what THEY want, not what everyone else says they should do?

8. Being courageous means being scared but still acting on it. In the video, Riya says that "Even brave people get scared sometimes." Why is it important for young people to know that even brave people get scared?

One last activity on the next page!



9. After thinking about what you learned this week, use this space to **CREATE** a picture, poem, song, rap, story, or anything that has to do with courage.

(If you create something awesome, have an adult take a picture and send it to us. We just might feature it on our site!)