

Legacy of Courage

There is no doubt that Harriet Tubman left a legacy of courage. She freed enslaved people, was a spy during the Civil War, and fought for women's rights.

However, a legacy of courage does not have to be something big. It doesn't have to change the whole world, just yours. Sometimes courage is found in the smallest of moments. It takes courage to tell someone "no" or to make a decision that isn't popular but is best for you. Below is the Legacy of Courage that Harriet left for us. Take some time to think about her legacy and answer the questions below. Include ways you could do each of these acts of courage.

OBJECTIVE

The girls will understand that courage can be demonstrated through small acts.

COMPETENCY

The girls will be able to answer questions about how to take care of themselves and others in the spirit of Harriet Tubman.

MATERIAL

- Grace and Grit Legacy of Harriet Tubman page
- Pens or Pencils
- Paper

The legacy Harriet left us:

1 Stand up for yourself.

What does this saying mean to you?

How can you stand up for yourself?

How is this courageous?

2 Stand up for others.

What does this saying mean to you?

How can you stand up for others?

How is this courageous?

3 Keep putting one foot in front of the other.

What does this mean to you?

How can you keep putting one foot in front of the other?

How is this courageous?

4 Hold on to your dreams.

What does this mean to you?

How can you hold onto your dreams?

How is this courageous?

5 Only you can free yourself.

What does this mean to you?

How do you free yourself from something?

How is this courageous?

A LITTLE MORE GRIT

What is a legacy you want to leave for others?