**HANDOUT: DISCUSSION & REFLECTION FOR PARENTS**

**The Virtue of COURAGE:**

**What is courage?**

Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. Courage is going ahead even when you feel like giving up. Courage is needed in trying new things. It is admitting mistakes and then doing the right thing. Courage is the strength in your heart.

**Why practice it?**

Without courage, people would only do what is easy. No one would try new things. Everyone would do what everyone else is doing, to avoid standing out- even if they knew it was wrong. Fear would be in charge. With courage, you can face any situation. Courage helps you to do great things.

**How do you practice it?**

Courage helps you to do the right thing. When you feel afraid, name the fear and then let it go. Then do what you really want to do. Admit mistakes and learn from them. Keep trying. Stand up for what you know is right even if all your friends are doing something wrong. Ask for help when you need it. Let courage fill your heart.

**Signs of Success**

You are practicing courage when you…

* Do what is right for you even when it is hard or scary
* Find strength in your heart even when you are afraid
* Are willing to try new things
* Admit mistakes and learn from them
* Make amends when you do something wrong
* Ask for help

**Affirmation**

I have courage. I am willing to try new things.

I admit mistakes and learn from them.

I listen to my heart. I have the courage to do the right thing.

**Virtues Reflection Questions**

* When in your life have you needed the most courage?
* What helps you when you feel afraid?
* Name three people you know or from history who had great courage.
* What jobs require physical courage?
* What jobs require other kinds of courage?

**Quotable Quotes**

*“Life shrinks or expands in proportion to one’s courage.” –Anais Nin*

*“If you don’t go out on a limb, you’re never going to get the fruit.” –Anonymous*

*“If you think you’re too small to do a big thing, try doing small things in a big way.” -Anonymous*

*“We cannot escape fear. We can only transform it into a companion that accompanies us on all our exciting adventures.” –Susan Jeffers*

*“The source of courage and power is the promotion of the Word of God and steadfastness in His Love.” –Baha’u’llah*