**Grade 1 Lesson 17 on Courage**

Modified from Ruhi Grade 1 material

**PRAYERS:**

Prayer sharers

Review “Thy name is my healing…”

**INTRODUCTION TO VIRTUE:**

**What Is Courage?**

Courage is being brave even when you are afraid. It is doing what needs to be done even when it is really hard or scary. Courage is needed in trying new things, in facing difficult situations, and in picking yourself up after a mistake and trying again. Courage is going ahead even when you feel like giving up and quitting.  It is doing what you know is right even if other people laugh at you or call you names. It comes from knowing yourself and knowing down deep that you can and should do something.  Courage comes from knowing that God is there to help and that you can count on God always.

Without courage, everyone would do only what is easy. No one would try new things that seem hard. Everyone would do what everyone else is doing, to avoid standing out- even if they knew it was wrong. Fear would be in charge. Instead- we want love to lead us. Love can give us courage.  It gives us strength and helps us do the right thing without letting our fears stop us.  Courage helps you do great things.

**ROLEPLAYING: What would courage look like if... (do what you know is right even when it is hard or scary)**

(have children draw these scenarios out of a bag and then act out what they would do to show courage in that situation)

* **You are asked to speak in front of your class in school?**
* **All your friends want you to try something, like stealing, and you feel it is wrong?**
* **You see another child being teased and hurt by a group of kids?**
* **You do something you are sorry for, like breaking one of your mother's favorite plates?  No one knows who did it.**
* **Your friend suggests going close to the dog that is behind the fence to feed it something?** (Sometimes courage means recognizing a danger and standing firm.  It doesn't mean taking unnecessary chances just to look brave.)
* **A new kid at school wants to join your game and the other children don’t want her to?**
* **You feel scared of the dark when you're trying to go to sleep?** (What help do you need? When you feel afraid, go ahead and feel your fear.  Name it, then let it go.  Say a prayer and ask God to give you strength to do what is the wise and courageous thing to do.)
* **You and your friend are playing and the ball breaks the window.** **Your friend suggests running away**

**SONGS:**

**I Can Do It! Song** (The Family Learning House, Children’s Virtues Songs- Preschool CD; available through ITunes; produced by Virtues In Us)

“I can do it! I can do it! Yes, I can. Yes, I can. When I think I can, when I think I can, I can do it! I can do it!”

Actions: I- point to yourself; can do it- make fist with right hand and move it down and up from right to left in front of your body. Yes, I can- shake head like you are saying yes while you have both thumbs pointed to your chest. When I think I can- tap right index finger against head; I can do it- same movements as above)

Be Strong Song (see lyrics on [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under Grade 1 Lesson 17 Courage)

Source of Courage (from Ruhi Lesson)

**CHORUS:**

**The source of courage and power**

**Is the promotion of the Word of God**

**The source of courage and power**

**Is steadfastness in His love**

Forget about yourself

Stand up for what is right

Defend those in need

Rely upon His might

Teach the Word of God

Be courageous in your deeds

Follow His path

To happiness it leads

**CHORUS**

This Little Light of Mine

*Favorite Songs from the Family Learning House*

This little light of mine, I’m going to let it shine x 3

Let it shine, let it shine, let it shine.

Won’t let anyone put it out, I’m going to let it shine x 3

Let it shine, let it shine, let it shine.

Hide it under my hat? No! I’m going to let it shine x 3

Let it shine, let it shine, let it shine.

Take my light around the world, I’m going to let it shine x 3

Let it shine, let it shine, let it shine.

**Good Character Song** (The Family Learning House, Favorite Children’s Songs CD- see [www.supportingthecoreactivites.org](http://www.supportingthecoreactivites.org) under this lesson for video)

“Good character is doing the right thing, at the right time, and for the right reason” x 8

(Actions: Sit in a circle; for each verse, someone in the circle does a movement and the others do it with them- such as clapping hands, touching nose rhythmically, stomping feet, etc.; action and person starting the action changes with each verse)

**STORY:**

‘Ali-‘Askar was a merchant in Persia. When he became a Bahá’í, he experienced much hardship at the hands of those who opposed the Faith. Within a short span of time, he had lost all he had. Even so, ‘Ali-‘Askar was not dispirited. Seeing that he would not be able to make a living in his homeland, he decided to move to Adrianople, a city in a neighboring country.

In Adrianople, though he still had little, he managed to acquire a small amount of merchandise. Before he was able to sell a single item, however, he was attacked by thieves who took everything he had in his possession, leaving him with nothing once again.

Not long after, the thieves were arrested, and the great fortune they had acquired was seized. One of the local authorities, dazzled by the riches, came up with an idea to keep the fortune for himself. He called ‘Ali-‘Askar to his office and explained.

“‘Ali-‘Askar,” he said, “these thieves are very rich. In my report to the Government, I wrote that the amount of the theft was great. Therefore you must attend the trial and testify conformably to what I wrote.” This way, the official thought, all of the money would be returned to ‘Ali-‘Askar, and the two would split it between themselves.

‘Ali-‘Askar knew that he could never go along with such a plan. “Your Honor Khan,” he replied, “the stolen goods amounted to very little. How can I report something that is not true? When they question me, I will give the facts exactly as they are. I consider this my duty, and only this.”

The official tried again to convince ‘Ali-‘Askar. “We have a golden opportunity here,” the official said, “you and I can both profit by it. Don’t let such a once-in-a-lifetime chance slip through your hands!”

But ‘Ali-‘Askar again refused, saying, “Khan, how would I square it with God? Let me be. I shall tell the truth and nothing but the truth.”

Now the official became angry. If ‘Ali-‘Askar did not go along with his scheme, all his planning would come to naught and he would lose the great fortune now within his grasp. And so he began to threaten ‘Ali-‘Askar, hoping he could frighten him into cooperating. “I will jail you,” he said. “I will have you banished; there is not a torment I will spare you.” Then he told ‘Ali-‘Askar that, if he did not agree, he would send him back to Persia.

‘Ali-‘Askar only smiled. “’Jinab-i-Khan,” he said, “do with me as you please; I will not turn my back on what is right.”

**Memorizing quotation:** To have courage means to stand for what is right, to defend those who need our help, even if this will put us in danger. It takes courage to go to unknown places, to face new situations, to do things that others before us have never done. We draw courage **from our love of God and our desire to please Him above all others.** To help us remember that we should face every situation in life with courage, let us memorize the following quotation:

**“The source of courage and power is the promotion of the Word of God, and steadfastness in His Love.”**

Source

1. Kyongmi lives in a village in a valley. The water of the village comes from the melted snow on top of nearby mountains. The source of the village water is the snow on the mountains.

2. Mrs. Putters has three loving and well-behaved children. Her children are a source of joy and happiness to her.

Promotion

1. Two of Shoa’s friends started an argument and became angry with each other. Shoa helped each to see the other’s point of view and make peace. Shoa always promotes peace and understanding among his friends.

2. As Haley was going to school, she heard an announcement on the radio about a new film that was being shown in the city. The owners of the movie theater were promoting the film on the radio.

Steadfastness

1. Qian knew that she wanted to be doctor. She always studied hard in school and volunteered at the hospital in her free time. She showed steadfastness in her decision to become a doctor.

2. Alexander went to a very remote village to help start a school. Although he missed his family and faced many difficulties, he showed steadfastness and stayed in the village for many years, training teachers and working with children.

[From the Bible: “Have I not commanded you?  Be strong and courageous.  Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:9]

**GAME: REVIEW and choose**

Begin the game today by asking the children to stand in a line, side by side. Now make a statement about a subject with which the children are well familiar. If the statement is correct, they should hop one step forward. If the statement is false, they should hop one step back. Make several more statements, each time letting the children choose between “true” and “false”.

Could do the following spontaneity games to "improve courage":

**Sound Ball**— Have the group stand in a circle. One person makes a sound—any sound—while also making a throwing gesture towards another person in the group. That second person then ‘receives’ the sound with a physical motion like catching a ball or a sack or a ray of light and—importantly—repeats the sound sent to them. Then, without hesitation, the first receiver sends a new sound with a new gesture to another person in the circle. Keep the sound moving quickly and boldly to get everyone involved.  Make sure to get the body involved and not just the voice. An active, athletic stance—like you would need if you were prepared to catch a real ball—helps loosen up the mind.  Encourage kids not to predict or plan what sound they’ll make if the ball comes their way. Better to receive the one sent and then send a new one that emerges of its own accord.

**What Are You Doing?**—One person stands in the middle of a circle so everyone can see and begins pantomiming an action. Another comes up to the first and gently asks “What are you doing?” The first person continues doing their activity until they come up with something to say that is anything but the activity they’re doing. If I was pantomiming starting a lawnmower, for example, I might say “solving a Rubik’s cube.” The second person then takes on that activity and the first person rejoins the outer circle. Soon thereafter, a third person comes in to ask “What are you doing?” and the game continues.  The children can go around in a circle.  Can play for elimination i.e. when they respond too slowly, or answer with a true answer...

**CRAFT:** Kindness quilt (if still working on it from previous lesson on kindness)

Courage coloring sheet

**For a second lesson on courage:**

**Defining Courage:**

COURAGE is about overcoming our fears. When we are courageous, we are willing to try new things, go to new places and meet new people. We show courage when we make choices because we know they are the right thing to do.

Did anyone get the chance to practice courage this week? Tell us about it!

**Questions about courage:**

* I have a question- what if a friend suggests going close to a dog that is behind the fence to feed it something? What do you think you should do? Sometimes it takes courage to say no to something someone else wants to do if you know it is dangerous.
* What if you and your friend are playing and the ball breaks the window and your friend suggests running away? (remind them that truthfulness is the foundation of all human virtues, and that you need to call on your courage to be truthful and do the right thing; you can also say- if you choose to run away that is your choice, but I am choosing to go to the owner of the house and tell him the truth.)
* What if someone you do not know wants to join your game and the other children don’t want her to? What would you do? (you could suggest that it is more fun to play the game with more people, or you could choose to play with the one who is alone) WE HAVE TO HAVE MORAL COURAGE AND DO THE RIGHT THING- THAT IS WHAT GOD WANTS OF US AND EXPECTS FROM US!

**SONGS:**

Additional Songs:

**Courage is My Motto** (Radha and the Kiwi Kids, Virtues in Me CD)

I’ve got a virtue inside me and courage is its name-o.

*Chorus:* C-O-U-R-A-.... -G-E, here to stay.

I stand strong today and courage is my motto!

In the face of fear I stand, strong and brave with courage…*Chorus:*

Finding courage to put things, right I can face the challenge.....*Chorus:*

I’ve got a virtue inside me and courage is its name-o. *Chorus:*

*(REPEAT Chorus but CHANGE ONE WORD):* (WE stand strong today!)

*Actions*: Clap hands, and when singing **“courage is my motto”** put arms out to the sides, elbows bent and fists clenched, like you are flexing your muscles

**I’m a Peacemaker** (Virtues in Us School-Age CD, Peacefulness Song)

*Chorus:*

I’m a peacemaker, I’m a peacemaker.

Brave and gentle, firm and kind. Brave and gentle, firm and kind.

If someone is rude to me, I will not be mad.

I’ll try to be the best friend that they’ve ever had.

If I’m angry, I know what to do.

I’ll sing myself a happy song and that will get me through.

*Chorus*

If I disagree with you, that’ll be okay.

I’ll never try to hurt you just to get my own way.

If there’s something unfair, I’ll ask you to help out.

Together we can find a better way there’s no doubt.

*Chorus*

**Intro to Quote:** Courage is a quality of the heart. Courage comes from feeling the love of God in your heart and doing what you know He wants you to do- which is always the thing that is full of virtues! Without courage, everyone would do only what is easy. No one would try new things that seem hard. Everyone would do what everyone else is doing, to avoid standing out- even if they knew it was wrong. Fear would be in charge.

Instead- we want God’s love to lead us.

**Quote: “Take courage! God never forsakes His children who strive and work and pray!”**

(Abdu’l-Baha)

Teach song-

**Teach song: “Armed with the power of Thy name, nothing can ever hurt me and with Thy love in my heart all the world’s afflictions can in no wise alarm me.” –Baha’u’llah**

**Arts and Crafts Intro:**

Read the book: **I Like Myself** by Karen Beaumont

Think about a time that you might need courage. I want you to close your eyes and image God’s love filling your heart with light and giving you all the strength you need to do the right thing in that moment and show your courage. See yourself strong, brave, filled with light and love.

We are going to draw that!

**Give children outlines of a person and have them draw themselves showing courage.**

**Closing Prayer**