**Virtue: COURAGE**

**Lesson Plan for children 0 - 3**

**Open Play (20 minutes) and Parent Discussion:**

Invite children to play with toys- gently guiding and reminding them of the virtues of kindness, love and sharing. While keeping an eye on their children, parents talk about how to support the development of courage in their families.

* What does courage mean to you and how do you find courage?
* What can we do as parents to help nurture the development of courage in our children?

After about twenty minutes, play a song with a Verse about courage, signaling that it is almost time to start the formal part of our playgroup.

**The song played is “Be strong and let your heart take courage”**

~The Bible:Psalm 31:24

(From the Family Learning House, Virtues in Us CD- Quotations Songs- Courage)

Once the song is over, children and parents clean up toys while singing a clean-up song:

Select the song you chose in the previous class: Song 1, Song 2 or Song 3.

Song 1: Clean up, clean up, everybody everywhere.

Clean up, clean up, everybody do your share.

Song 2: *(spoken)* Time to clean up, everyone. Let's pick up our things!

*(Chorus)*

Clean up, everybody clean up (x3)

Time to clean up!

Pick up, everybody pick up (x3)

Time to pick up!

Pick up the toys, put them away

Pick up the blocks, put them away

Pick up the books, put them away

Put your things away

Song 3: Clean up, clean up, it's time to clean up

We've had our time to learn and play

And spend time with our friends today

But now it's time to go away, so let us all clean up

Yes, let us all clean up

Play the welcome song and ask Moms and little ones form a circle on the floor to get ready for the formal part of the playgroup.

**Song: Welcome** (Favorite Children’s Songs from the Family Learning House CD)

Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be wonderful. Today is going to be joyful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be beautiful. Today is going to be peaceful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be…How is your day going to be? Get ready to sing! Today is going to be \_\_\_\_\_\_\_(full of courage!). Today I’m going to be happy. Today I’m going to be helpful. Good morning, good morning! It’s lovely to see you! Good morning, good morning! It’s lovely to see you!

**Opening Prayer:** Invite children to practice reverence by asking them to sit in their parent’s lap while a very short prayer is said or sung. Explain: "We always start with a prayer, because God is the source of all spiritual qualities, and we want to call on Him to aid us in our spiritual development."

**O God, guide me, protect me, make of me a shining lamp and a brilliant star. Thou art the Mighty and the Powerful.** ~ 'Abdu’l-Bahá

**Song: Hello** (Music Together, Bongos CD) (Sing each child’s name and parent’s name)

Hello everybody! So glad to see you! Hello everybody, so glad to see you too! Hello to \_\_\_\_, so glad to see you! Hello to \_\_\_\_\_\_\_, so glad to see you too! Hello everybody! So glad to see you! Hello everybody, so glad to see you!

**Song: Wake up Movement** (Music Together, Bongos CD)

Open and shut them, open and shut them, give a little clap.

Open and shut them, open and shut them, fold them in your lap.

Creep them, creep them, slowly creep them right up to your chin.

Open up your little mouth but do not let them in!

Song motions: ( https://www.youtube.com/watch?v=9LbZSyx-7Xo)

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **give a little clap** | clap hands |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **fold them in your lap** | fold hands emphatically in your lap |
| **Creep them, creep them, slowly creep them, right up to your chin** | "creep" your fingers up from your waist and neck to your chin |
| **Open up your little mouth** | Touch one finger to your lower lip while opening up mouth wide |
| **But do not let them in** | Quickly move both hands behind your back |

**Movement Song: "I Have Ten Little Fingers"** (Music Together, Triangle CD)

You can see motions performed on YouTube at this link.

(https://www.youtube.com/watch?v=T39YeUouwgY)

I have ten little fingers and they all belong to me!

I can make them do things, just you wait and see!

I can shut them up tight or open them wide.

I can put them together or make them all hide.

I can make them jump high. I can make them jump low.

I can fold them quietly and hold them just so!

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **(count slowly out loud)**  **1-2-3-4-5-6-7-8-9-10** | Hold up both closed fists. While counting, open fingers one by one |
| **I have ten little fingers** | Palms open outward, hold fingers spread open in front of body so all fingers are visible |
| **and they all belong to me!** | Point to chest with index (pointer) fingers |
| **I can make them do things** | Hold fingers in front again, wiggling the fingers |
| **Just you wait** | Point with one index finger to another person |
| **and see** | point with index (pointer) fingers to both eyes |
| **I can shut them up tight** | Close both hands into fists |
| **or open them wide** | Open both hands so fingers are spread wide |
| **I can put them together** | Inter-weave fingers |
| **or make them all hide** | Hide both hands behind back |
| **I can make them jump high** | Raise hands high above head |
| **I can make them jump low** | Lower hands as low as you can easily reach |
| **I can fold them quietly** | Fold hands together. Young children might have a little difficulty inter-weaving fingers |
| **and hold them just so** | Lay folded hands quietly in lap, while sitting up straight |

**Introduction to the Virtue of Courage:**

Courage is doing what needs to be done, even when it is really hard or scary. Courage is needed in trying new things. Courage is going ahead even when you feel like giving up. Courage helps you to do great things! Courage comes when we stand up for what we believe in and trust that God will help us through anything! Courage is the strength in your heart.

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

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!

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **I** | point to yourself |
| **can do it** | make fist with right hand and move it down and up from left to right in front of your body, as if for emphasis! |
| **Yes, I can** | Nod 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 temple of head |
| **I can do it** | (same as above) make fist with right hand and move it down and up from left to right in front of your body, as if for emphasis! |

**Song: This Little Light of Mine** (The Family Learning House, Favorite Virtues Songs CD) (Motions: Sway back and forth to the music, while child sits in Mom's lap)

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

Let it shine, let it shine, let it shine.” (Then repeat the first verse)

**Song: Good Character** (The Family Learning House, Favorite Children’s Songs CD)

Good character, is doing the right thing, at the right time, and for the right reason *(x 8)*

*Actions:* All 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. The action and person starting the action changes with each verse.

**Song: The Unity Song** (The Family Learning House, Favorite Children’s Songs CD)

We are drops (we are drops) of one ocean (of one ocean).

We are waves (we are waves) of one sea (of one sea).

*Chorus:*

Come and join us (come and join us) in our quest for unity.

It’s a way of life for you and me.

We are flowers (we are flowers) of one garden (of one garden).

We are leaves (we are leaves) of one tree (of one tree).

*Chorus:*

All the earth (all the earth) is one country (is one country).

We are one (we are one) family (family).

*Chorus:*

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **We are drops** | Make gentle "falling drops" with fingers by holding hands at head-height, palms down with fingers open and pointing away from yourself, then wiggle fingers as you slowly lower your hands |
| **of one ocean** | spread open hands, palms down, out in front of you |
| **we are waves** | make waves by waving your hands to each side |
| **of one sea** | make waves while moving your hands in front of you |
| ***(Chorus)***  ***Come and join us*** | *move hands like you are waving someone to come towards you* |
| ***in our quest for unity, it's a way of life for you and me*** | *hold hands with your neighbor* |
| **We are flowers** | raise hands above you like a flower |
| **of one garden** | move hands above you from side to side |
| **we are leaves** | make a leaf/diamond shape in front of you with thumbs and index fingers of both hands |
| **of one tree** | make a tree with your body, arms stretched out to sides |
| **All the earth** | make a large circle with your arms and hands above your head |
| **is one country** | make "one" with your index finger, hold it in front or you |
| **We** | point to yourself |
| **are one** | make "one" with your index finger, again |
| **family** | put fingers of both hands together in front of you |

**Song: 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

**Song: Meeting a New Friend**

(The Family Learning House, Children’s Virtues Songs- Preschool CD)

When I meet a new friend I say “Hello!”, “Hello!”;

When I meet a new friend I say “Hello!”, “Hello!”;

When I meet a new friend I can give her hand a shake;

When I meet a new friend I say “Hello!”, “Hello”

*Action:* Children and parents march around the room randomly, meeting and greeting each other, waving, shaking hands and saying hello!

**We are Peacemakers Song**

(Favorite Children’s Songs from the Family Learning House CD)

We are peacemakers, we are peacemakers, we want world unity.

Come and join us, come and join us. The future is ours to see.

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| Stand up, form a circle, and hold hands, moving clockwise, until.... | |
| **Come and join us** | move toward the center of the circle, still holding hands, then move back out |
| **the future is ours to see** | put right hand above eyebrows and look around. |
| Children can then turn around in individual circles until verse starts again. | |

**Hand out wooden sticks to parents and children** (children must be seated to use sticks)

**Song: I’m a Peacemaker**

(The Family Learning House, Children’s Virtues Songs- School-age CD)

*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*

**Collect wooden sticks and hand out instruments to be played during the following song:**

**Song: Be Strong** (The Family Learning House, Children’s Virtues Songs- School-age CD)

*Chorus:* Be strong and let your heart take courage.

Be strong and let your heart take courage. Be strong.

Getting feelings off your chest may be hard for you.

When it’s time to take a test, this is what you’ll have to do.

*Chorus*

Saying, “Sorry, I was wrong” may be hard for you

When the bus ride takes too long, this is what you’ll have to do

*Chorus*

**Collect musical instruments and hand out drums for following song (children need to be seated to play drums)**

**Song: Work! Work!** (Tim Urbonya, Love All the World CD)

Work, work with all your strength, spread the Cause of the Kingdom! x 2

Work! Work with all your strength! x 2 (song repeats several times)

**Collect drums.**

**Closing Verse:** Invite children to practice reverence by asking them to sit in their parent’s lap while a very short verse is said.

|  |
| --- |
| **Take courage! God never forsakes His children who strive and work and pray!**  ~ 'Abdu’l-Bahá |

**Closing Song:**

**(Sung to the tune of "Teddy Bear, Teddy Bear....)**

**There are several different tunes for the Teddy Bear rhyme you can find on YouTube. Here is one version**

**https://www.youtube.com/watch?v=sSLlm5bwzjs**

Courageous child, courageous child turn around. (turn around)

Courageous child, courageous child, touch the ground. (touch the ground)

Courageous child, courageous child, touch your foot or your shoe

(hold foot up and point to shoe)

Courageous child, courageous child, I love you! (hugs all around!)

Courageous child, courageous child, reach for the sky. (reach up!)

Playgroup is over. It’s time to say goodbye! (wave and say, “goodbye!”)