

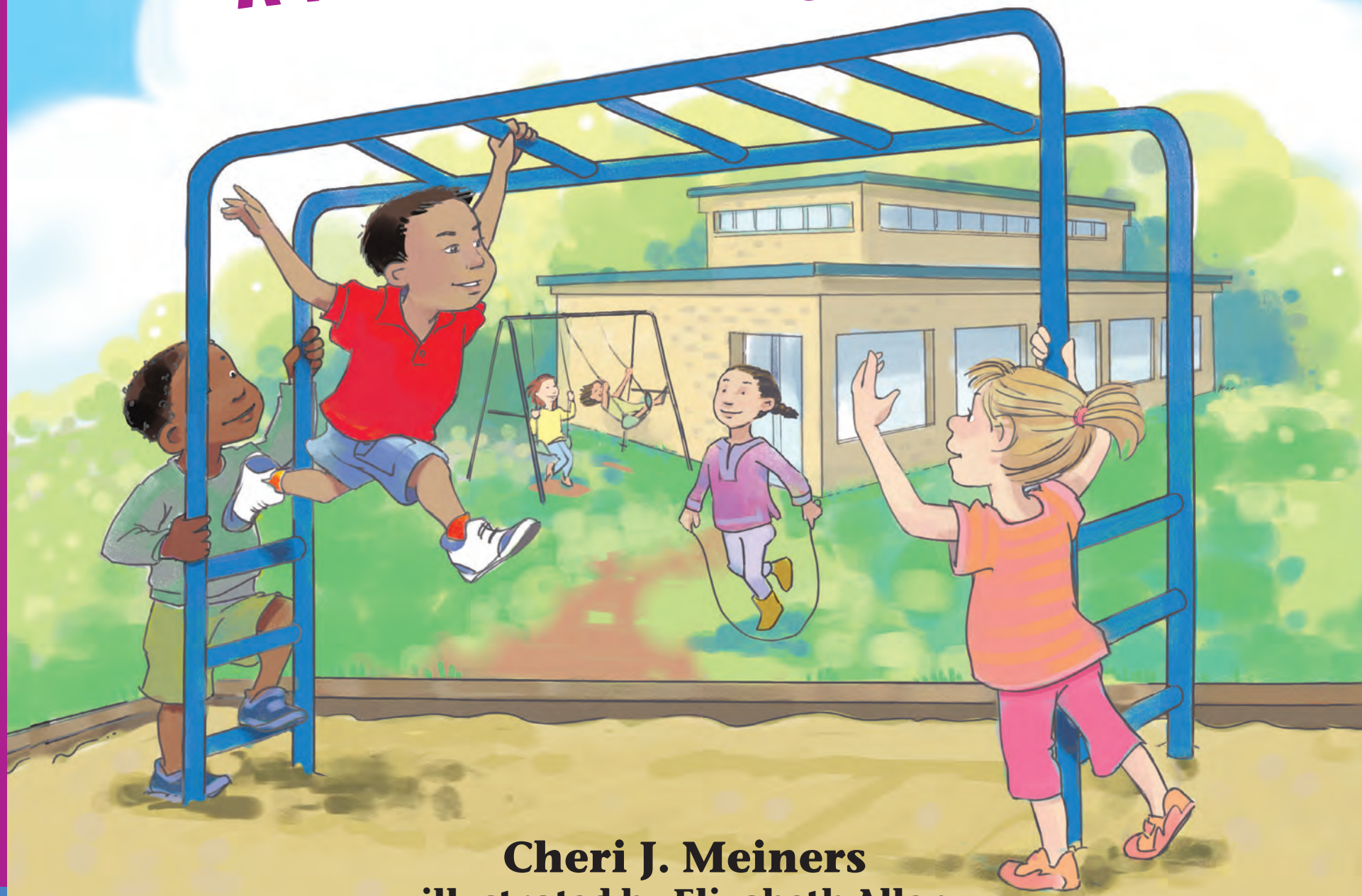


Includes
activity
guide for
adults



Have Courage!

A book about being brave



Cheri J. Meiners
illustrated by **Elizabeth Allen**



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A book about being brave



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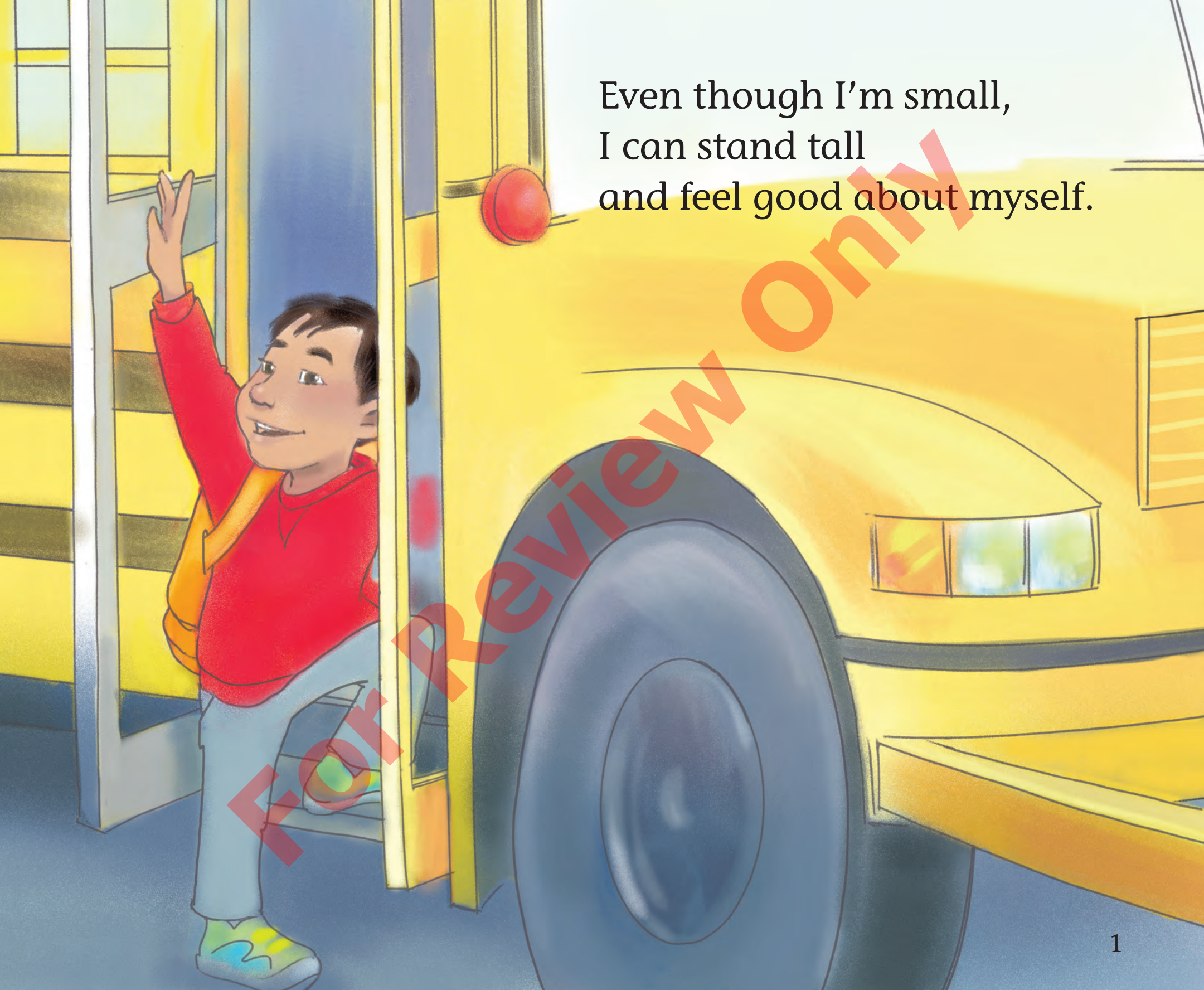
illustrated by Elizabeth Allen

free spirit
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Even though I'm small,
I can stand tall
and feel good about myself.



I show courage when I do what I think is right—even when it's hard or I feel afraid.





It takes courage to say yes
to some things.



Ready?

Yes.

I try to listen to people I trust.



Ways to Reinforce the Ideas in *Have Courage!*

Have Courage! teaches courage, a resolve that influences the learning and application of all other character traits. Courage can involve physical, intellectual, emotional, or moral challenges. The purpose of the book is to help children understand and feel confident in meeting basic and safe challenges that test their courage and assertiveness.* Specific examples of courage may vary among children depending on what is considered difficult for a given child. However, similar principles and skills can apply to all children. Here is a summary of ten skills discussed in the book that may require courage and that also can help build courage:

1. Stand up for what you think is right.
2. Try something new.
3. Do something even when it is hard.
4. Keep practicing something you are learning.
5. Speak up for your needs.
6. Make the most of a new experience.
7. Dare to make your own decisions.
8. Do something you believe is important.
9. Make a new friend.
10. Help someone else feel brave.

Words to know:

Here are terms you may want to discuss.

bold: daring; not afraid

boldly: strongly and bravely

*Adults will, of course, want to be aware and sensitive of real fears that children may face and will want to give comfort and seek help for a child if needed. Additional suggestions for adults to help children deal with fears are provided in *When I Feel Afraid* by Cheri J. Meiners, M.Ed. (Free Spirit Publishing, 2005), pages 32–35.

brave: confident; willing to do something hard

courage: bravery; when you show courage you do something you believe is right, even if it is hard or you feel afraid

courageous: brave; showing or having courage

dare: to push someone to do something that's wrong or risky (page 6); to be brave and do something that's right or necessary (pages 7, 8, and 13)

patient: able to stay calm and not complain when something is hard

persevere: to keep trying and not quit

stand tall: to be brave and proud and strong

As you read each spread, ask children:

- What is happening in this picture?
- What is the main idea?
- How would you feel if you were this person?

Here are additional questions you might discuss:

Pages 1–5

- What does it mean to have courage (to be courageous)?
- What do you think it means to stand tall?
- What is something that's hard for you to do that you try to do anyway?
- What is something that you do when you are asked or when you feel you should—even if you don't really want to?

Pages 6–13

- What does it mean to dare? (*Be sure to discuss both meanings of the word as they are illustrated on page 6 and pages 7 and 8.*)
- Has someone ever said to you, "I dare you to do something?" Did you do it? What happened?
- How could it take more courage *not* to do something that someone dares you to do?