

# COURAGE

In term 3 we have been discussing the value 'Courage'.  
These reflections are a result of some of our pupil discussions.  
We hope this brief summary will help you understand some of our thinking.

## TALK ABOUT IT TOGETHER!

Courage is about .... being brave *and* being honest.

If you show courage it does not mean that you are not scared but that you are choosing to face your fears and overcome them.

If you show courage people should respect you. We need to help each other to be more courageous in our learning and in our lives. Just look at leaders in our world or at sports men and women who have courage.

How would you rate yourself on a scale of 1-10 for courage?

What could help you improve?

Can you give an example of some fears that you have overcome?

Can you give an example of someone who inspires you to be courageous?



*We have been reading about Michael Jordan. He was an amazing American basketball player who was told that he was too short to play for his high school team. This did not stop him becoming a world famous basketball player- he believed he could do it and practised until eventually did! He played for the NBA, retired three times and came back twice.*

*He also showed courage by going on to play a different sport at a professional level. He chose baseball.*

*He said this- I can accept failure- everyone fails at something but I cannot accept not trying.*

*He used his failures to spur himself on. He was actively courageous.*

We have had the courage to

- Learn new sports skills
- Believe we can achieve even if we feel we can't
- Climb obstacles
- Make important decisions
- Help others

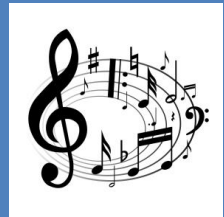
Other stories of real life courage can be seen in Refugees who keep seeking safety.

One of our assembly songs-  
I've got the power in me, You've got the power in you.  
I got the power, p..p...power, got the power in me.  
Nobody's gonna hold me back,  
Nobody's gonna silence my words,  
Nobody's gonna close my mind,  
I've got the power in me.

When someone's needing help  
and the world just walks on by  
I know I can do something about it  
I'll stand up for my rights and my voice will find the words

NOW REPLACE the word POWER with COURAGE!

Do you know any other songs that speak about courage or help you to feel more courageous?



Admit your fears.

Have the courage to apologise first!

Be brave!

Have the courage to admit when you are wrong.

Be inspired by others who are courageous.

**Courage ...**

It's okay to ask for help.

You have the power to be courageous each moment.

*Add you own ideas*

Don't let your fears get in the way.

We learnt about the story of Esther in one of our class led assemblies. Esther has the courage to stand up for the rights of her people.

**Long ago in the land of Persia, there was a cruel King who had his wife killed because she refused to come before the court to show everyone else how pretty she was. This was on the advice of his friend and advisor Haman. How horrible!**

**The King ordered for there to be a beauty show so he could choose a new wife. He chose Esther. Esther's uncle Mordecai was a man of great faith. So was Esther. The King's adviser, Haman, did not like faith because he thought all people should worship the king ... well really he wanted people to bow down before himself because he was very proud. He therefore plotted to kill anyone who had faith and to get the King to make a law that all people with faith had to worship the king instead.**

**Esther invited the King and Haman to a beautiful dinner, not just once but many times. During these meals Esther found the courage to persuade the King to honour a special person and parade them through the town as someone all people should copy. Haman agreed because he thought that it was himself who was to be paraded and honoured. But Mordecai was honoured and Haman was asked to leave the court when the King found out his real motives. Esther managed to persuade the king to protect all people of faith. Because of her courage to speak out they all lived peacefully.**