



# Weekly SEL skill:

## Courage

Courage is your ability to make good choices even when you are afraid or faced with a difficult situation. Courage is when you do not let fear hold you back from trying something new or doing the right thing. People often mistake courage as the absence of fear, but as Nelson Mandela said, “The brave man is not he who does not feel afraid, but he who conquers that fear.”

Having courage can open the door to many great opportunities. It helps you make a new friends, find a new interests you never knew you had, and take a stand on issues that matter.

### Help your students to improve

Here are some activities you can do with your student(s) to help them think about the role of courage in their lives.

- Self-reflect: Think about a time you were afraid to speak up or feared judgement of others. Did you use courage to do the right thing? Share these experiences with your students.
- Encourage students to speak up for themselves and others. If something doesn't feel right in your heart, it probably isn't.
- Share stories of great leaders who had to overcome their fears and do the right thing: Martin Luther King, Jr., Malala Yousafzai, Rosa Parks, Susan B. Anthony, and many more.