



Virtues: Faith and Character Development COURAGE

How to Show Courage

Quote of the month

[Keshavan Nair:](#)

With courage you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble. Courage is the foundation of integrity. OR

[Eleanor Roosevelt:](#)

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.

Ideas for Courage Month – January 2007

Building upon our Faith and Character Development Education

- Assembly at the start of the month to discuss the expectations for the virtue of the month.
- Skits during the assembly to show what happens when you ignore the virtue and what happens when you promote the virtue
- Students recognized at the end of the month according to how they best demonstrated the virtue.
- Bulletin boards in the school to promote the virtue of the month. These boards can include magazine cut outs, art work, quotes, etc
- Each teacher can put the quote of the month up in their classroom
- Read the 5 minute daily calendar activity over the PA during morning announcements
- Include in your monthly newsletter the quote of the month for the virtue and the 3 or 4 main criteria that students are working towards showing for this virtue.

Suggested criteria for choosing students who best demonstrated the virtue during the month:

1. Let your actions be guided by the idea that God is inside everyone

- When you let this idea guide you, it becomes easier to show courage

- If God is in everyone, think how you will treat everyone you meet

2. Know that sometimes doing the right thing is very tough but with courage you CAN do the right thing

- We often know the right thing to do, we just need the courage to do it
- The easy way is not always the right way. Have courage

3. Stand up respectfully when you see something wrong that is being done

- If someone in your class is doing something wrong, try to have the courage to let them know this
- When someone is treating someone poorly, try not to just watch what is going on – act.

4. Live your life in a way that makes others know you are a follower of Christ

- We know what God expects of us. Have the courage to live up to this
- We know that followers of Christ remember the Golden Rule and treat others the way they would like to be treated.