



the family values toolkit

For Children Ages 5 to 7

This Month's Featured Value Is: **Courage**

Courage is the willingness to take action despite fear of failure or negative outcomes. This essential quality gives us strength to face the challenges both great and small that confront us in our daily lives.

What Can Parents Do to Nurture This Important Value?



First, Set Goals:

Increase your children's confidence in their ability to be brave in the face of challenging situations.

At this age, children begin to cope with increasing independence and display a new level of courageous behavior. For example, a child who walks into her kindergarten classroom for the first time has to face a host of unknowns: Will her teacher be nice? Will she make friends? How will she find the bathroom? Will reading be hard? As she learns to handle these fears, she gains courage.

Children this age can also start to temper physical courage with common sense--that it's brave to learn to ride a two-wheeler, for example, but it's foolhardy to race down too steep a hill.

Next, Take Action! Try These Activities:

- ✓ **Encourage your child to take up a new sport**, such as gymnastics, that is fun but might be frightening at first.
- ✓ **Tell the story of David and Goliath** and talk about how David's courage defeated the big, scary giant Goliath, even though young David didn't look physically strong.
- ✓ **When your children talk about mean kids at school**, tell them that there are two kinds of courage: "Sometimes being brave means doing something, like using words to tell a bully that you are stronger than he or she thinks. But sometimes being brave means doing nothing, walking away from somebody whose mean words hurt but don't matter."

Then, Report Back!

Share your stories of success, your challenges, and overall experiences with others in our community @

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