

TRYING NEW THINGS

SESSION A



COURAGE

R

Courage is:

- * Trying new things even if we feel afraid of doing them.
- * Being able to face our fears.
- * Having the inner strength to be the best that we can be.
- * Being brave.

Without courage:

- * People would miss out on trying new things.
- * We would not challenge or bring about change.
- * We would not reach our full potential.

LEARNING OBJECTIVES:

To be able to think about things that we don't like or are frightened of.

Script:

"Everybody in the world is afraid of something or really does not like something. For example, some people are afraid to go to the top of a very tall building, others are afraid of spiders; some people really dislike certain foods. Today, we are going to think about the things that either frighten us or that we really do not like."

Suggested Resources:

Cut out some 'tickets' for the children – these can simply be a coloured piece of paper cut into a square. Cut out enough for each child to have 2 each. Post-it notes to record the children's answers.

Suggested Activities:

Sit the children in a circle and hand each child 2 tickets each. Explain to the children that you are going to go around the circle and that when it is their turn, they are going to tell the class something that they are frightened of. They should give their answer and then

Character Coaching

Meaningful Praise:

Well done children. It takes a lot of courage to share your fears with others in the way that you have today.

walk into the middle of the circle and place their ticket on the floor. You can start the activity by giving an example yourself; this will also give the children more confidence to contribute.

Next, go around the group again and this time, ask the children to share with the rest of the class something that they really dislike. Give the children an example. Children then repeat as before, placing their tickets into the middle of the circle. The tickets work as a permission slip for the pupils. You may wish to set some ground rules for the activity at the start e.g. 'you can only talk when it is your turn' and 'you have a ticket, everyone must listen to each other, nobody should criticise anyone else's answers'.

Plenary:

Review some of the children's responses. On the whiteboard, create two columns 'afraid' and 'dislike'. Record some of the most popular answers onto post-it notes and stick under headings.