

# Courage - Pre-K to 2nd Family Resource

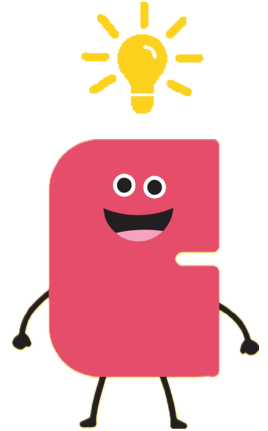


## What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

## Learning about Courage- Students learned that...

1. Courage is being brave even when something feels hard or scary. It is trying your best, even when you could end up feeling embarrassed or failing.
2. The amygdala is the part of the brain where we feel our feelings, but we can train our frontal lobe to help us find the good in every situation.
3. Breathing can help us calm big emotions like fear or nervousness, so that we can be courageous.



## Family Connection

1. Discuss a time adults in the family demonstrated courage during a challenging situation.
2. Ask about a time they were courageous, or noticed someone in the family being courageous.
3. Sing the "Courage Song" together, and let your child teach you the tune!

## Courage Song

Even when I feel afraid  
To take the shot or make the grade  
I'll try my best, with all my might  
I have courage, I'll be alright  
Because when it's over, I'll be so proud  
To know that fear couldn't keep me down

