

Courage - Pre-K to 2nd Teacher Guide



What is Included

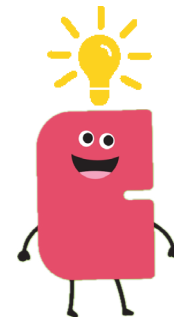
The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with challenging situations. In this guide you will find: Connection Questions associated with the video, independent practice guidance, and extended learning opportunities. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

Viewing the Video

- Watch the video together with the students.

Student Activities

- Connection Questions (before, during, and after the video) - 5-10 minutes.
- Fun Challenge, Student Activity, Drawing and Coloring Worksheet- 5-15 minutes.
- Extended Learning - 10 minutes.



Connection Questions and Checks for Understanding

Before the video 2-4 minutes

- Ask students:
- "What do you think courage means? Can you think of a moment when you were scared, but still showed courage? How did your body feel? How did you act?"

During the video 3-5 minutes

- Pause the video periodically to incorporate Checks for Understanding (CFU).
- Ask students: "How does Courage feel when afraid?"
(Answers: Heart beating fast, sweating.)
- "How does your body feel when you're afraid?"
(Answers: Stomach ache, light headed.)
- "What does courage mean?"
(Answer: Doing our best, even when we feel scared. It's not about avoiding nervousness, but about acknowledging our feelings and moving forward despite them.)

After the video

- "How did Courage show courage when nervous?"
(Answer: Choosing to try her best, even when she was scared.)
- "Which part of our brain is responsible for helping us feel our emotions?"
(Answer: The amygdala)
- "Which part of our brain helps us think clearly and be more courageous?"
(Answer: The frontal lobe)
- "What are some ways we can calm our emotions to help shift our mood and think more clearly with our frontal lobe?"
(Answer: Take a deep breathing)

Independent Practice



Fun Challenge Worksheet

- Exciting introduction to the activities ahead.

Drawing/Coloring Worksheet

- Students can express themselves and relax their minds.

Student Activity Worksheet

- For grades 1st and 2nd.

Extended Learning

Read and Discuss

How is optimism demonstrated in the following books:

Danbi Leads the School Parade
by Anna Kim

The Bear Must Go On
by Dave Petty

I Am Brave
by Suzy Capozzi

