

Courage

# Time to listen

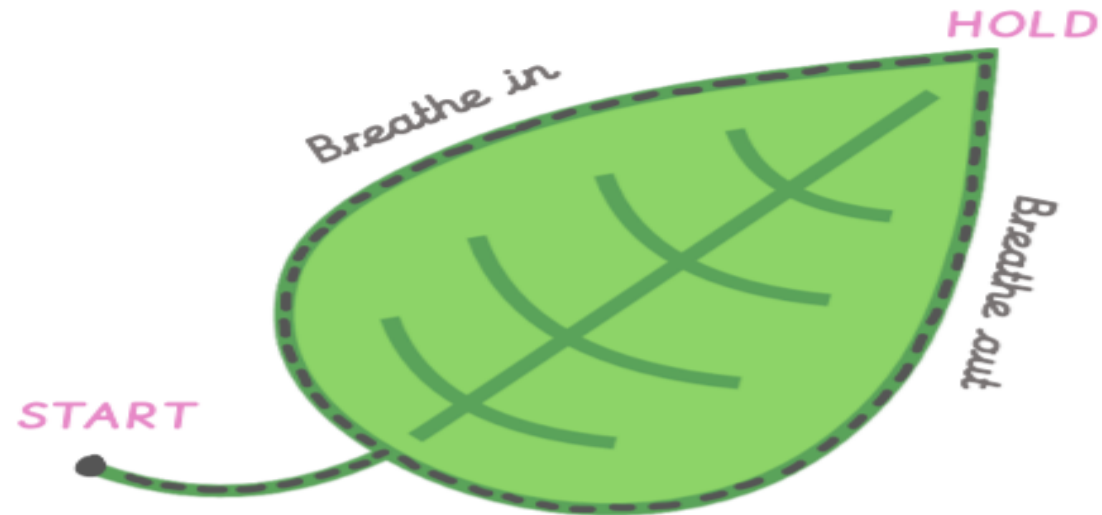
[Brave - Sara Bareilles](#)



# Just breathe

## Leaf Breathing

*Imagine all the leaves on a big, tall tree.*



*Use your pointy finger to slowly trace  
around the leaf.  
Breathe in through your nose and out  
through your mouth.*

# Courage is ...

... making the right choice when others try to persuade you to do otherwise.

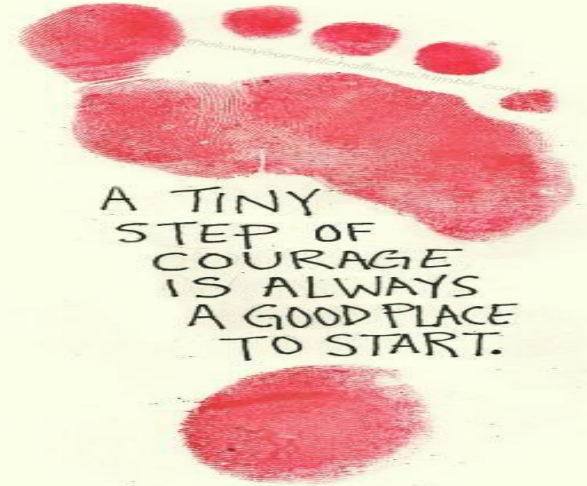
... accepting change, even when it is not what you would like.

... choosing to confront pain, danger, uncertainty, or intimidation.

COURAGE DOES NOT ALWAYS  
ROAR. SOMETIMES COURAGE  
IS THE QUIET VOICE AT THE  
END OF THE DAY SAYING  
I WILL TRY AGAIN TOMORROW.



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What does courage mean to you?

**COURAGE**



is doing what you're afraid to do

All your dreams can  
come true  
if you have the **COURAGE**  
to pursue them

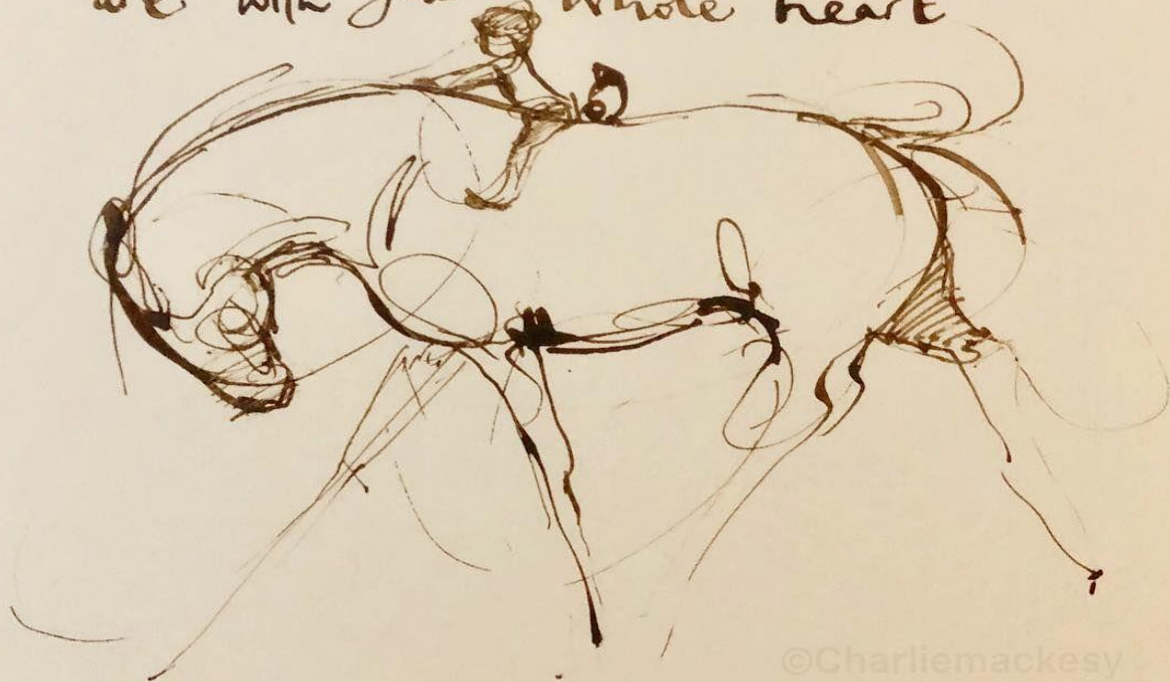
-Walt Disney

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# What does courage mean to you?

"What does courage mean?"  
asked the boy  
"To tell the truth of who you  
are with your whole heart"



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# COURAGE

is what it takes  
to stand up  
and speak.

Courage is also  
what it takes to  
sit down and listen.



If one has courage,  
nothing can dim the light  
which shines from  
within.

- Maya Angelou

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# Reflection



Think about a time when  
you have had to show  
courage.