Each month at FES we are focusing on a character trait. This month we’re talking about the virtue of **Courage** - to help our children be courageous and learn to conquer things that frighten or scare them. Children need reassurance that fear is one of our feelings and to help them understand that it’s okay to feel afraid. Courage isn’t fearlessness, but instead our ability to choose the right thing even when we are scared! The definition we will be talking about is: **Courage is to choose what is good, right, and kind even when it is hard or scary.**

**CONVERSATION STARTERS:**
• Talk with your child about what used to frighten you as a child. Be open about how you courageously worked to overcome that fear. Talk about who helped you or what strategy helped you along the way.
• Talk about the things that frighten you as an adult today. Open up an honest conversation about how you work intentionally to show Courage often.
• Make a list over dinner about who are the people in your network that show Courage. How can you tell that they have Courage? Why is it important that they show Courage? How might their example help make your Courage stronger?

Here are a couple of **story books** that talk about courage that you can check out with your family:

[***Courage***](https://www.amazon.com/Courage-Bernard-Waber/dp/0618238557/ref%3Dsr_1_1?ie=UTF8&qid=1539880471&sr=8-1&keywords=courage+by+bernard+waber) by Bernard Waber (This book shows the many ways that we can show courage.)

<https://www.youtube.com/watch?v=QMR7j6aBdQY>

[**The Girl With A Mind For Math**](https://www.amazon.com/Girl-Mind-Math-Montague-Scientists/dp/1943147426/ref%3Dsr_1_1?ie=UTF8&qid=1539910320&sr=8-1&keywords=the+girl+with+a+mind+for+math) by Julia Finley Mosca (Young Raye has her sights set on becoming an engineer. When her [**gender**](https://curriculum.characterstrong.com/purposefull-equity-terms/#gender)and her race get in the way, will she have the Courage to persevere?) <https://www.youtube.com/watch?v=L0tM4NbOM1k&feature=emb_logo>

**QUESTIONS YOU COULD TALK ABOUT AS A FAMILY:**
• What does Courage mean to you? Do you see yourself as courageous? Why or why not?
• Talk about a time that you’ve needed to show Courage. What was that experience like?
• Talk about a time when you’ve witnessed Courage. How did that feel? What did it look like?
• When have you wished for more Courage?
• Who is your role model or example of Courage? Why?

**Courage Over Challenges**
Brainstorm with your child things you both would’ve liked to do, but find intimidating. Maybe it’s a new hobby, sharing your art or invention with others, or going on an adventure somewhere. Go out there and give it a try, then take a selfie to capture the memory!