



COURAGE

Family Newsletter

PurposeFull
People

Courage Overview

We are excited to focus on Courage this month! One way to think about Courage is "choosing what is helpful, right, and kind even when it is hard or scary." Courage can look a little different for everyone. Get ready to explore as a family what Courage means to you!

Courage is 1 of 3 traits we will focus on throughout the year that helps students **Be Strong**. Across grade levels, students will be developing skills like focusing, organizing, and goal-setting.

Conversation Starters



- Can you share or show what it means to have Courage?
- When you practice Courage, how does it make you feel? Why?

PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Courage. Here are 2 "PurposeFull Pursuits" you can complete together!

#1

Remember that Courage is choosing what is helpful, right, and kind even when it is hard or scary.

Reflect, think, and discuss things you would like to do, but find intimidating or scary (individually or as a family). Maybe it's a new hobby, trying a new game, sharing your art or invention with others, or going on an adventure somewhere. Give 1 of these things a try together this month and take a selfie to capture the memory!



#2

We have all demonstrated Courage in our lives. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Courage with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Courage this week.

Story Prompts:

- A time I (or someone else) showed Courage was _____.
- An act of Courage that changed/challenged me was _____.