



Teacher's Guide to Courage

Courage is not a simple strength to teach in a single lesson, instead, we all develop it through life. We can identify courage and courageous behaviour whilst acknowledging that everyone feels afraid at times. Students can benefit from thinking through what it means for them to be courageous. Often, fear can get in the way of courage, so teaching by example can allow courage a chance to flourish.

Recognising and encouraging *courage* in the classroom:

1. Embed the language of courage into teaching. Recognise the shy student who asks a question and reward their courage. Praise the student who persevered with a task and had the courage to keep going until they understood it.
2. Help explain why developing courage is beneficial for student wellbeing. By conquering fears and pushing themselves, students realise how capable they are, which builds their self-confidence. In addition, being courageous maximises the chances of them being the best version of themselves.
3. It is unlikely that any of us will be in a position where we have to pull someone from a burning building, but what about sticking up for someone who is being picked on or excluded? Learning to be an ally requires courage and character. Rewarding students for attempts to do this is motivating.

Promoting *courage* in the classroom:

4. Ask the students to think of someone they admire, who stands up for what they believe in and does not let fear stop them from speaking out. Then, make a list of the ways they show *courage*.
5. Discuss with students situations when it is best not to be courageous?
6. Set a home task for students to identify something that they are afraid of doing. Ask them to write a plan setting out how they will conquer their fear. What steps will they take, and when they will do them?
7. Suggest that the next time an opportunity arises to join a new club, try a new activity or take up a new sport, they should show courage and say yes.