



# Parents Make a Difference

## March Character Trait: **Courage**

This page includes ideas for building and reinforcing positive character in your child. Parents set the tone and lead by example. Parents *do* make a difference. Take advantage of your influence and spend time with your children talking about the character traits you value and look for in others.

~ *Courage* ~

*Do the right thing in the face of difficulty and follow your conscience instead of the crowd.*

### *It takes courage to...*

- ✓ Admit you are wrong.
- ✓ Do what is right – when no one else is.
- ✓ Tell the truth and accept the consequences.
- ✓ Stand up for something you believe in.
  - ✓ Defend someone who is unpopular.
  - ✓ Take a risk and try something new.
- ✓ Confront a fear.



### **Ideas for Practicing Courage at Home**

- Create a “*Badge of Courage*” to give to family members who demonstrate courage when facing a difficult situation.
- Role-play situations with your child by asking questions such as, “How would you practice courage if your friends want you to try something that you know is wrong? Or, you borrow a toy from a friend and it breaks? Talking through possible real life dilemmas before hand gives your child the confidence to do the right thing.
- Invite family members to share a story about a time they showed courage.
- Identify a new family in your neighborhood or school. Take the family a plate of cookies or invite them over for a meal. Afterwards, talk about the courage it takes to meet and reach out to new people.
- Inspire your child to show courage by sharing a story about a hero. Look for examples from your family history or the newspaper.

*“Courage is not the towering oak that sees storms come and go; It is the fragile blossom that opens in the snow.” ~ Alice Mackenzie Swaim*