

FOCUS WORD: have courage

INTRODUCTION

POSSIBLE ACTIVITIES: see attached.

POSSIBLE RESOURCES

The High Jump

The Winning Touch

Drink-driver ads

Gallipoli/the script/readings

Frog Guts

Chch earthquake stories

Huria Matenga/visit to Marae

Research unit. Ange

Story about confessing? Graeme Lay-ref Vicki

JOURNAL WRITING: SUGGESTIONS ATTACHED

My Goals

Practicing "You matter" means having goals regarding our relationships, including family, friends and significant others. Complete the form below to explore your goals:

	My No. 1 self-care goal is...	My No. 1 relationship goal is...	My No. 1 education/career goal is...
Success looks like:			
Failure looks like:			
Imperfection looks like:			
The most courageous next step is:			
Support I need is:			
I will complete the next step by:			

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

by Nelson Mandela

have
COURAGE

Action Plan

Create a personal project that builds leadership skills and spreads respect by completing the form below:

One form of disrespect I want to impact is ...	
The effect of this form of disrespect on myself or others is ...	
The cause of the problem is ...	
My ideas to solve this problem are ...	
Someone who can help me create this change is ...	
Steps I need to take to get started are ...	
If I get discouraged, I will ...	
My accountability partner is ...	
We will check in with each other by ...	
I will complete my project by: __/__/__	
The change I would like to see as a result of my project is ...	

Courage in Action

Purpose

To create a personal project that builds leadership skills and spreads respect.

Prep Steps

- 1 Pens.
- 2 Action Plan.

Alternatives


- 1 Use the instructions to give a self-led assignment.
- 2 Modify the format to be a project for the whole circle instead of an individual project.

have
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ACTIVITY

Instructions



●●OPENING●●

- 1 **Share purpose.** There are things we wish were different in our world. Each of us is a leader in his or her own life—and in this circle. We have to put The Respect Basics into action to change our world. Today we'll focus on a personal project you can create and complete to spread respect.
- 2 **Share inspiration.** (Read this quote.) ➔➔
 - What is your response to this quote? What is your definition of courage? Who will share? (Get at least three examples.)
 - Who are other leaders of social change that inspire you?
- 3 **Create an action plan.** Having courage means we challenge ourselves, know our value and our impact, take risks, make mistakes, learn from them and try again. Use your  Action Plan handout to explore these questions:
 - One form of disrespect I want to impact is ... (Pause between prompts to allow time to think and write.)
 - The effect of this form of disrespect on myself or others is ... (Example: If the problem were "gossip," an effect could be that people's reputations are ruined, they stop coming to school or they become isolated and depressed)
 - The cause of the problem is ... (Gossip example: People being insecure, people not understanding the damage gossip does to others, people learning to gossip at a young age from family or the media.)
 - My ideas to solve this problem are ...
 - Someone who can help me create this change is ...
 - Steps I need to take to get started are ...
 - If I get discouraged, I will ... (Examples: Sometimes we may face challenges in getting our tasks done and we need to Get Help. Sometimes we can get stressed or frustrated or discouraged and we need to "look again.")
- 4 **Create accountability.** Find a partner. Share your action plans with each other. Decide together what step you will take first and how you will check in with each other to make sure it happens. Add this information to your handout.
 - My accountability partner is ...
 - We will check in with each other by ...
- 5 **Debrief.** Go around the circle and share: When will you complete your project—by what date? What change would you like to see as a result of your project?

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●●CLOSING●●

Discussion Questions

Here are some additional discussion questions you can use with a  or  to explore and practice Have Courage:

- What failures have you experienced? What was that like? What did you learn about yourself or others?
- What do you say to comfort yourself when you are afraid?
- What big dreams/goals do you want to achieve that also scare you?
- What's something that you've wanted to say but never had the courage to say?
- What is one of your proudest accomplishments? What obstacles did you overcome to achieve it?
- What does courage mean to you?
- What are you most afraid of not accomplishing in life?
- What are reasons you might be afraid or uncomfortable to be alone?
- What makes you feel that you are brave—or not?
- What talent would you most like to possess? What would you do with this talent?
- What choices have you made that required courage?
- What choices do you know you need to make to be more self-respecting that will require courage?
- Based on what we discussed, what's one way you are going to practice Have Courage?

●TIP!● See card #66 for additional engaging discussion questions.

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