

# Courage

## Walking with Courage

**Objective:** To practice courage and trust that others will support you.

Set a clear boundary of gentleness and care. The children in the circle need to be gentle to move the child in the middle and show care and responsibility so he will not fall and get hurt.

Prepare 2 bowls of water.

Invite one child to blindfold his eyes while the other children stand on either side of him forming two lines like walls. The teacher puts the two bowls of water on the floor somewhere in front of the blindfolded child and tells him to walk to the other side of the classroom without hitting the bowls of water. When the child bumps into the 'walls' or comes close to a bowl of water, the children on either side can gently help him by telling him what direction to go to get to the other side of the classroom without knocking over the bowls of water. During this time, the teacher can encourage the child to move forward and to carefully listen to the directions of the other children.

After the child arrives at the other side, the teacher can immediately acknowledge the courage shown by the blindfolded child when walking and the help the other children gave in directing him. Then invite another child to test his courage in the games.

## Trying New Foods with Courage

**Objective:** To help children practice courage and try new things.

The teacher can prepare some new or uncommon food or fruit, cut it into pieces, and encourage each child to bravely try some. Acknowledge the children's courage.

## Introducing with Courage

**Objective:** To help children exercise their courage to speak out..

The teacher can prepare a small microphone.

Invite the children to take turns standing in front of the class and introduce themselves, e.g. My name is ... and I am 4 years old, etc.

After each child has finished, the teacher can acknowledge the courage they have shown.