

# COURAGE

## FIRST GRADE

### **Objective:**

To use literature to teach students to identify and express feelings. To give students the tools to develop effective coping skills for dealing with problems.

**Materials:** Book: *Spaghetti in a Hot Dog Bun: Having the Courage to be Who You Are*, by Marian Dismundy  
Courage Poster

### **Activity:**

**1) Introduce yourself to the class and explain that you are the Panther Pride Reader for COURAGE.**

**2) Ask: What is courage?** Children brainstorm definitions. Share the poster and discuss.

Courage is being brave

Doing the right thing when it is hard.

We do what we should do even when it is hard.

We stand up for what we think is right.

We listen to our conscience.

**3) Introduce *Spaghetti in a Hot Dog Bun: Having the Courage to be Who You Are***

Look at the cover of the book. Ask students to make a prediction. What will this book be about?

**4) Read the book aloud and discuss.**

Discuss how Lucy felt about Ralph in the beginning, and how Ralph felt about Lucy in the beginning.

How does Lucy show courage? (She does the right thing by helping and feels proud of herself)

How do Ralph and Lucy's feelings change in this story?

**Evaluation:**

**5) Ask: Can you think of a time you had to be brave and have courage?** (Listen to students ideas.)

Sometimes we show courage when we are afraid.

**6) Ask: What are some things you are afraid of?** (Listen to students ideas.)

When we are afraid of something, we can think of things to do to make us feel less afraid. For instance, if you are afraid of the dark, you can turn on a nightlight. If you are afraid of a dog, you can ask the owner if he is friendly. If you are afraid of scary movies, you turn the channel when one comes on tv, or leave the room. We show COURAGE in many other situations too.

**7) Ask: If Lucy did not show courage, would the story be different? How?**

PS:A1:5 Identify and express feelings

PS:B1:4 Develop effective coping skills for dealing with problems