

# COURAGE KINDERGARTEN

## **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:** *I Just Don't Like the Sound of No! – How About Maybe?* by Julia Cook

## **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 :** *I Just Don't Like the Sound of No! – How About Maybe?*

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 it feels for RJ at the beginning to hear the word *no*. Ask the class why he doesn't like to hear that word. (Accept answers)

How does RJ's teacher help him learn to accept *no* for an answer? (She starts a "Say Yes to No Club") How does RJ feel once he is in the club? Why did his teacher want to have the club?

How did RJ show courage in this story? (He did what he should do, even though it was hard) Sometimes we have to be brave, and do what we think is right even when it is really hard.

**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.

PS:A1:5 Identify and express feelings

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