

COURAGE
SECOND 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: *Sheila Rae, the Brave*, by Kevin Henkes

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 *Sheila Rae, the Brave*

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 the things that Sheila Rae was not afraid of, and what did make her feel afraid. Is it okay to feel afraid sometimes? Of course! We all feel scared sometimes, but there are things we can do to overcome our fears.

In the book, Sheila Rae said things to herself to make her less afraid. What did she say?
(" I am brave" and "I am fearless.")

Evaluation:

5) Ask: What can you say to yourself to feel better about your fears?

Share ideas- such as "I am safe." And "That dog is friendly and won't bother me."
Remember that we never want to make fun of someone because they are scared of something. If a friend is afraid, help them think of something they could do or say to themselves to feel better.

6) Ask: Can you think of a time that you were brave or showed courage?

PS:A1:5 Identify and express feelings

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