What is Courage?
Building Character
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This program contains:

1 Teacher’s Guide, 10 Activity Sheets
1 videocassette (approximately 15 minutes long)
1 game
1 poster
Program Overview

Why Should Children View This Program?

Asked to define courage, children most often say it is risking your life in a dangerous situation to save someone, or standing up against tremendous odds to achieve something significant. But courage has other, more subtle meanings than the one represented by large, exaggerated acts of heroism. What children may not realize is that courage can also be apparent in the actions of ordinary individuals who find the willpower to show mettle, perseverance, resolution, and fortitude in everyday situations. Presenting the stories of three kids who, when faced with a choice, summoned up their courage and rose to the challenge, What Is Courage? Building Character helps students recognize that courage is not something we are born with, but comes from within us, from the choices we make.

Learning Objectives

Children will:

- discover that there are many ways to demonstrate courage.
- learn the definition of several synonyms for courage.
- realize that small acts of courage can happen on a daily basis.
- understand that showing mettle, perseverance, resolution or fortitude in everyday situations can be as courageous as facing down danger.
- recognize that the right choice, at the right time, can make a difference.

Program Content

The program consists of three stories, each concerning an individual who is faced with a situation that requires a demonstration of courage. A host introduces each of the stories, makes clear what choices the main characters face, and shows why each choice takes courage.
Pre-Viewing Questions

• What’s the first thing you think of when you hear the word “courage”?

• What are some examples of courage you have heard about? Can you think of any other examples?

• Does being courageous always involve taking risks? Why or why not?
Introduction

Host Will Bravado, crack reporter for the Times, opens the program by telling viewers about his new assignment, writing accounts for his paper of local kids who have demonstrated courage in some way. Courage is a pretty big topic, more than just bravery, Will explains, adding that it has lots of synonyms—mettle, fortitude, perseverance, and resolution are all examples. He goes on to introduce stories about three different kids who by their actions illustrate why these synonyms also represent courage.

Part 1—Mettle

Mallory has joined her school drama club’s production of “Bluebeard the Pirate,” but prefers setting up the lights, making the scenery, moving props, and operating the curtain to acting. However, on the afternoon before the performance, Michelle, who has one of the leads, comes down with the flu. Since Mallory has been practicing Michelle’s part with Allen to help him learn his own lines, Mr. Hammons, the drama coach, and the rest of the cast want Mallory to take over the role. Protesting at first that she’s needed behind the scenes, Mallory finally agrees, and gets through the dress rehearsal pretty well. But as performance time approaches, fear, doubt and pressure overwhelm her, and she tells Mr. Hammons she can’t go on. Acknowledging Mallory’s feelings as understandable, Mr. Hammons explains that everyone’s depending on her. “It will take courage for you to go on,” Mr. Hammons tells Mallory, “but I’m sure you can do it.” At the last minute, Mallory faces down her fears and rises to the challenge, proving her mettle. An on-screen discussion question follows.

Part 2—Resolution and Perseverance

Displaying a newspaper headline that reads, “Resolution and Perseverance Pay Off for Animal Shelter,” host Will Bravado defines these two synonyms for courage as making up your mind to achieve a goal.
and not giving up, even in the face of defeat or failure. The story that follows illustrates that. Promised a puppy for his birthday, Alex finds that the animal shelter he’s getting the puppy from is closing for lack of funds. Concerned about what will happen to the animals, Alex asks his father if something can be done. But neither the shelter director nor Alex’s father can think of any way to save the shelter.

However, encouraged by his father, Alex and his friend Peter put their heads together to think up several ways to raise money, but the results are disappointing. Nevertheless, Alex refuses to give up. He and Peter enlist their schoolmates as helpers, and soon have a fairly large sum. But Alex knows they need to do more. The kids’ new idea is to hold a pet picture contest and charge $10 for each photo entry, a project that proves so popular that not only is lots of money raised, but the publicity generated by the contest sparks great community support for the shelter. As Will Bravado points out, Alex’s perseverance and resolution really paid off. An on-screen discussion question follows.

**Part 3—Fortitude**

Telling viewers that his last story is about fortitude, Will Bravado explains that it means having the strength of mind to stand up for what you believe in. Kyra refuses to join her swimming teammates in making fun of a new girl, Melanie, whose stutter makes the other kids dissolve in fits of giggles.

Kyra asks Melanie to join her and the others after swim practice. Melanie happily agrees, but her happiness fades quickly when a team member imitates her stutter, and she walks away. Kyra is torn. She can’t believe her friends could be so mean. Should she say nothing, or speak up and tell them that what they did was wrong? Even though she must endure their ridicule, she shows her fortitude by speaking up.

Courage isn’t something you’re born with, Will Bravado tells viewers. As each of these stories shows, he goes on, courage is a choice. It’s something that’s in each of us, so when you’re faced with a choice of whether or not to do the right thing, he says, remember these stories.
Discussion Questions

Note to Teacher: Questions marked with an * appear on-screen at the end of the scenarios.

Part 1

- Will Bravado says that courage can mean a lot of different things. Name some of them.
- What does he say the word “mettle” means?
- Why do you think Mallory agreed at first to take over Michelle’s role? Why do you think she changed her mind?
- Have you ever faced a challenge that required you to show courage like Mallory? What was it? What did you do?
- Were you afraid? Did you have doubts about your ability to meet this challenge? Did you feel pressure? What did you do to overcome these feelings?

Part 2—Resolution and Perseverance

- What does Will Bravado say “perseverance” and “resolution” mean?
- Why do you think Alex decided to make saving the shelter his goal? Should he have been discouraged that neither the shelter’s director nor his father could think of any way to save it? Why or why not?
- Alex had one idea after another for raising money, but the last one, the poster contest, brought in the biggest amounts. Why do you think this one worked?
- Do you think Alex and his friends would have been able to achieve their goal of saving the shelter if they hadn’t had a positive attitude?
- Alex did not get discouraged when his first fund-raising efforts didn’t pay off and when his sister didn’t encourage
him to succeed. Discuss how the words “discourage” and “encourage” relate to courage.

- *Have you ever been in a situation where resolution and perseverance helped you achieve a goal? What was it? What did you do?

**Part 3—Fortitude**

- How does Will Bravado define the word “fortitude”?
- Have you ever been in a situation where a group of kids picked on one kid? Describe the situation. Was anyone willing to stand up for the victim? What was the outcome?
- Why do you think Kyra felt bad when the other kids made fun of Melanie?
- Why did Kyra feel torn? What did she think would happen if she spoke up in Melanie’s behalf?
- Discuss why it takes courage to stand up for what you believe is right.
- *Have you ever been in a situation that required you to show courage like Kyra? What was it? What did you do?
- Will Bravado says that courage is a choice that comes from within. Explain.
Invite students to choose one of the synonyms for courage mentioned in the video and draw a picture of someone who displays it. Tack the finished pictures to the bulletin board.

Label a bulletin board “Listening to My Strong Side” and place a stack of blank paper nearby. Invite children to use the paper to write about a situation in which they listened to their strong side, kept a positive attitude, and persevered despite setbacks. Tack the finished stories to the bulletin board.

Put a heading on the bulletin board labeled “Courage Is . . .” and let children write their own single-sentence definition. Display the definitions under the heading.

“Resolution and Perseverance Pay Off for Animal Shelter” is the headline for one of the acts of courage described in the video. Invite children to write their own headline describing an act of courage, either one of those shown in the video, or one they make up themselves. Display the headlines on the bulletin board.
Suggested Activities

Language Arts

The video mentions four synonyms for courage found in a thesaurus: mettle, perseverance, resolution, and fortitude. But there are other equally good synonyms. Such words as spirit, tenacity, persistence, guts, fearlessness, intrepidity, self-reliance, resilience are some others. Ask children to choose any one of these synonyms, look up its meaning in a dictionary, and write a short story using it to share with the class.

Language Arts; Creative Writing

Ask children what they think is the meaning of the phrase “Courage is a choice.” Facilitate the discussion by helping them talk about why it takes courage to stand up alone for what you think is right. Have each child write a story about a real or imagined situation that called for this kind of courage. Have them describe what happened, what they did about it, and if they did nothing, what they now wished they had done about it. If students wish, have them share their stories with the class.

Art; Creative Expression

Television cartoons for children often depict feats of derring-do in which “superheroes” miraculously jump through windows or across rooftops, walk through fire, or engage in high-speed chases, always escaping unharmed. Have children create their own four-panel cartoons, using balloon dialogue and featuring a superhero who performs a small but realistic act of courage in an everyday situation. Such situations might be standing up to a bully, including a shy new classmate in a group’s activities, resisting pressure to do something dangerous, disagreeing with someone and risking that person’s friendship, and so on. Display the finished cartoons on the bulletin board.

Language Arts; Problem-Solving

On the chalkboard, write the words, “It would take courage to...” Hand out an index card to each child and have them
write a sentence or two about a problem that requires courage to solve. Collect the cards in a basket, shuffle them, and let each child pick one card. Have them use the back of their card to suggest a solution to the problem and why courage would be necessary for its solution.

**Current Events; News Stories**

Ask children to bring in a story they find in their local newspaper that tells about someone rising to a challenge, or persevering despite obstacles, or speaking up against some injustice. Have children share their articles with classmates.

**Art; Creative Expression**

Distribute poster board or oaktag and ask children to create their own posters showing the kinds of behavior that demonstrate courage: standing up for one’s values, refusing to go along with the crowd in doing something dangerous, speaking out against a bully, and so on. Display the posters on the bulletin board or classroom walls.

**Language Arts; Reading**

Ask each child to select and read one of the books of fiction on page 28, or one on the subject of courage recommended by their school or local librarian, and give a written or oral report to the class. Tell children that as they read they should think about the following questions:

- What were the obstacles the main character in the story faced?
- How did this person deal with his or her fears?
- In what ways did this person show courage?
- What would have happened if this person had failed to show courage?
- What do you admire most about the story?
Dear Family Member:

Your child viewed a program called *What Is Courage? Building Character*. This video helps children understand that courage is not confined to people who perform extraordinary acts of bravery, but can also be found in individuals who act courageously in ordinary, everyday situations. Here are some points about courage that your child learned from the video:

- There are many synonyms for courage: some examples are mettle, perseverance, resolution, fortitude, spirit, guts, strength of mind.
- There are many ways to demonstrate courage.
- Courage is not something we are born with. It comes from within, from the choices we make.
- Some of these choices are overcoming fear and doubt and rising to a challenge, persevering in pursuit of a personal goal despite the threat of failure or defeat, and standing up for what you believe is right.

Here are some ways to engage your child in a discussion of courage and its meaning in everyday life:

- Introduce the topic: Ask, “What’s the first thing you think of when you hear the word ‘courage’?”
- Talk about someone you admire for the extraordinary courage he or she showed in his or her life. This could be an historical person, like Mahatma Gandhi, or a sports hero like Lou Gehrig or Jackie Robinson, or someone who stood up for what was right, people like Martin Luther King, Jr. or Rosa Parks. But it also might be someone in your family, or someone you read about like the thousands of people who displayed acts of courage after the terrorist attacks on September 11, 2001.
- Talk about a time when there were challenges in your life that called for courage, when you: overcame your fears or doubts and found you could do something you didn’t think you could do; persevered despite the threat of defeat or failure; or stood up for something you knew was right.
- Describe the pressure you felt in the situation. You had a choice: you could do nothing, or you could rise to the challenge and make a difference.
- Together with your child, read books that focus on the theme of courage. Here are two you might use:
  
  
Tammy's friends were laughing at Sara.

They made fun of Sara's bathing suit.

Tammy felt bad. She asked them to stop.

But they wouldn't stop. Tammy couldn't believe they could be so mean.

Tammy had to choose between her friends and standing up for Sara.

She chose to stand up for Sara.
What Is Courage?

Look up the word **courage** in the dictionary. Write the definition below.

________________________________________________________________________________
________________________________________________________________________________

Give some examples of **courage**:

1. ____________________________________________________________________________
2. ____________________________________________________________________________

**Courage** comes from the Latin word *cor*, meaning “heart.” It is also part of the words “encourage” and “discourage.”

To **encourage** someone is to give them “heart,” to hearten them. The prefix “en-” means “put into.”

To **discourage** someone is to take away their “heart,” to dishearten them. The prefix “dis-” means “take away.”

In the space below, draw a picture of two hearts, one full of encouragement, the other discouraged.
It Takes C-O-U-R-A-G-E

In each of the following situations, circle the degree of courage you think you would need to rise to the challenge, then write one or two sentences telling why.

How much courage would it take for you to:

• tell your best friend to stop teasing a new classmate?
  a little  some  a lot

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

• try a new activity that you’ve never tried before?
  a little  some  a lot

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

• refuse to go along when friends are planning something dangerous?
  a little  some  a lot

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

• disagree with someone and risk losing that person’s friendship?
  a little  some  a lot

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
Courage: What Does It Look Like?

Courage can mean a lot of different things. It can mean rising to a challenge, persevering in pursuit of a goal, standing up for what we believe in, and more.

Suppose you wanted to draw what courage looks like. What shape or form would you give it? Would it be a superhero? A fierce tiger? A star with a steady beam? What colors would you use? In the space below, draw and color your image of what courage looks like. Then write a few lines describing why you chose that image.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

_________________________
The Five W’s and H: Mallory’s Story

When reporters like Will Bravado write up a news story, they use the Five W’s and the “H” — Who, What, Where, When, Why and How—to give their readers the facts. The words and phrases in the word box relate to Mallory’s story. Use them to fill in the sentence blanks.

Mallory joined her drama club’s play, “Bluebeard the Pirate,” as a _______________ helper. She didn’t want to be an _______________.

But Michelle, who had a _______________ in the play, got sick the day before the _______________. Because Mallory had rehearsed Michelle’s part with Allen, the _______________ asked her to _______________ and take over Michelle’s role. Mallory got through the _______________ just fine.

But just before the _______________ was about to start, Mallory began to be filled with _______________. With the help of the drama teacher, Mallory found the _______________ to conquer her fear, _______________, and did a great job.

Now draw a picture on the back of this page, showing how Mallory felt about herself when the play was over.
Mallory joined her drama club’s play, “Bluebeard the Pirate,” as a **backstage** helper. She didn’t want to be an **actor**. But Michelle, who had a **leading role** in the play, got sick the day before the **performance**. Because Mallory had rehearsed Michelle’s part with Allen, the **drama teacher** asked her to **step in** and take over Michelle’s role. Mallory got through the **dress rehearsal** just fine.

But just before the **show** was about to start, Mallory began to be filled with **fear**. With the help of the drama teacher, Mallory found the **courage** to conquer her fear, **rose to the challenge**, and did a great job.

Now draw a picture on the back of this page, showing how Mallory felt about herself when the play was over.
The Five W’s and H: Alex’s Story

The words and phrases in the word box relate to Alex's story. Use them to fill in the sentence blanks to describe the Who, What, Where, When, Why and How of his story.

<table>
<thead>
<tr>
<th>collection jars</th>
<th>perseverance</th>
<th>posters</th>
</tr>
</thead>
<tbody>
<tr>
<td>puppy</td>
<td>money</td>
<td>hopeless</td>
</tr>
<tr>
<td>positive attitude</td>
<td>shelter director</td>
<td>animal shelter</td>
</tr>
<tr>
<td>newspapers</td>
<td>contest</td>
<td>goal</td>
</tr>
</tbody>
</table>

Alex saved his local ___________________ from closing by raising enough ____________ to keep it open.

While at the shelter with his father to pick out a_________________ for his birthday, Alex learned from the ___________________ that the shelter was closing for lack of money. Concerned about what would happen to the other animals, Alex decided to make it his ____________ to save the shelter. With his friend Peter, Alex put _________________ in local stores and collected empty cans and bottles for recycling. But they still didn’t have enough money. Told that the situation was ________________, Alex persevered and kept a_______________. Then Alex and his friends thought up a pet picture _______________. They made _____________ to put around town. The contest was written up in the ________________ and got lots of publicity and money. Because Alex showed ________________, the shelter was saved.

Now draw a picture on the back of this page showing how Alex felt about himself after saving the shelter.
The Five W’s and H: Alex’s Story

The words and phrases in the word box relate to Alex’s story. Use them to fill in the sentence blanks to describe the **Who, What, Where, When, Why** and **How** of his story.

|collection jars| perseverance| posters|
puppy| money| hopeless|
|positive attitude| shelter director| animal shelter|
|newspapers| contest| goal|

Alex saved his local **animal shelter** from closing by raising enough **money** to keep it open.

While at the shelter with his father to pick out a **puppy** for his birthday, Alex learned from the **shelter director** that the shelter was closing for lack of money. Concerned about what would happen to the other animals, Alex decided to make it his **goal** to save the shelter. With his friend Peter, Alex put **collection jars** in local stores and collected empty cans and bottles for recycling. But they still didn’t have enough money. Told that the situation was **hopeless**, Alex persevered and kept a **positive attitude**. Then Alex and his friends thought up a pet picture **contest**. They made **posters** to put around town. The contest was written up in the **newspapers** and got lots of publicity and money. Because Alex showed **perseverance**, the shelter was saved.

Now draw a picture on the back of this page showing how Alex felt about himself after saving the shelter.
The words and phrases in the word box relate to Kyra's story. Use them to fill in the sentence blanks to describe the **Who, What, Where, When, Why** and **How** of her story.

<table>
<thead>
<tr>
<th>teammates</th>
<th>fortitude</th>
<th>stutter</th>
<th>strength of mind</th>
</tr>
</thead>
<tbody>
<tr>
<td>play</td>
<td>believed</td>
<td>mean</td>
<td>choice</td>
</tr>
<tr>
<td>people</td>
<td>felt bad</td>
<td>new girl</td>
<td>friends</td>
</tr>
</tbody>
</table>

Kyra showed her courage by standing up for what she [_________] was right. Her [_________] on the swimming team saw the [___________], Melanie. When they discovered Melanie had a [___________], they started making fun of her. Kyra [___________] for Melanie. She invited Melanie to [___________], but her [___________] kept imitating Melanie's [stutter]. Showing great [___________], Kyra told her friends they were [___________] and shouldn’t make fun of [__________]. Kyra had made her [__________]. She stood up alone against her friends, proving her [__________].

Now draw a picture on the back of this page, showing how Kyra felt about herself when she stood up to her friends.
The Five W’s and H: Kyra’s Story

The words and phrases in the word box relate to Kyra’s story. Use them to fill in the sentence blanks to describe the **Who**, **What**, **Where**, **When**, **Why** and **How** of her story.

<table>
<thead>
<tr>
<th>teammates</th>
<th>fortitude</th>
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<tr>
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<td>felt bad</td>
<td>new girl</td>
<td>friends</td>
</tr>
</tbody>
</table>

Kyra showed her courage by standing up for what she **believed** was right. Her **teammates** on the swimming team saw the **new girl**, Melanie. When they discovered Melanie had a **stutter**, they started making fun of her. Kyra **felt bad** for Melanie. She invited Melanie to **play** , but her **friends** kept imitating Melanie’s stutter. Showing great **strength of mind**, Kyra told her friends they were **mean** and shouldn’t make fun of **people**. Kyra had made her **choice**. She stood up alone against her friends, proving her **fortitude**.

Now draw a picture on the back of this page, showing how Kyra about herself when she stood up to her friends.
Proving Your Mettle

Mallory proved her mettle by rising to the challenge of performing before an audience. But a courageous act doesn’t have to be on view. Taking a risk and trying something new is the same as rising to a challenge. Describe a time when you felt courageous.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
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______________________________________________________________________________
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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Alex showed his courage by keeping a positive attitude, persevering and not losing heart, like The Little Engine That Could. Describe a time when you persevered by telling yourself, “I think I can, I think I can,” and reached a goal you set for yourself.
Standing Up for What’s Right

Kyra could have gone along with the crowd in making fun of Melanie. It took fortitude for her to stand up for what she believed was right, even if it meant standing up alone. The first part of fortitude means strong—like a fort is strong. Throughout history, many people have shown fortitude and remained strong when things went against them, heroes from history like Mahatma Gandhi and Rosa Parks, heroes like Amelia Earhart who challenged the sky, and heroes of today, like the thousands of people who displayed acts of courage following the terrorist attacks on September 11, 2001.

In the space below, write about someone who’s a hero to you. It doesn’t have to be anyone famous. Your hero could be a relative, a friend, someone you’ve read about, or even a fictional character.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Hidden Words

All the words in the wordbox are hiding in the puzzle below. Circle each word that you find. Words can be found horizontally, vertically, and diagonally.

| C | O | U | R | A | G | E | P | S | W | S | K | P |
| H | H | Y | O | S | M | N | E | P | Y | R | V | E |
| A | F | O | D | A | I | C | R | I | E | A | R | R |
| L | O | D | I | S | C | O | U | R | A | G | E | S |
| L | R | U | C | C | D | U | V | I | N | V | S | E |
| E | T | L | T | L | E | R | O | T | O | A | O | V |
| N | I | J | I | X | W | A | A | T | J | L | L | E |
| G | T | M | O | H | F | G | K | H | G | U | U | R |
| E | U | E | N | L | M | E | T | T | L | E | T | A |
| W | D | G | A | D | O | B | L | A | A | S | I | N |
| B | E | O | R | E | R | O | D | N | E | A | O | C |
| P | G | S | Y | S | T | A | N | D | U | P | N | E |

WORD BOX

- courage
- mettle
- resolution
- perseverance
- spirit
- encourage
- challenge
- choice
- goal
- values
- dictionary
- discourage
- fortitude
- stand up

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Hidden Words

All the words in the wordbox are hiding in the puzzle below. Circle each word that you find. Words can be found horizontally, vertically, and diagonally.

WORD BOX

- courage
- mettle
- dictionary
- resolution
- perseverance
- discourage
- spirit
- encourage
- fortitude
- challenge
- choice
- stand up
- goal
- values
How to Play “What Is Courage?” Game

• Two to four players.

• To begin, each player tosses the die. The player who rolls the highest number moves. Play goes to the left. Players follow the directions on the square where they land.

• Players who must go back do not follow the directions on the space where they land. For example, if they are told to go back 4 spaces and they land on a space that says, “go forward 3 spaces,” they don't move forward—they stay on the space and wait for their next turn.

• When a player gets close to the end, they must roll the exact number to land on FINISH. For example, if there are four spaces left and the player rolls a six, he or she may not go ahead. The first player to land on FINISH wins.
Suggested Reading

Reading for Educators and Parents


Humphrey, Sandra McLeod. If You Had to Choose, What Would You Do? Prometheus Books, 1995. For parents to use with their kids to introduce and begin talking about personal values and how to develop their own code of moral conduct.

Kurshan, Neil. Raising Your Child to Be a Mensch. Atheneum, 1987. Guidance, encouragement, and hope for parents who want to raise children with the backbone to say no, the nerve to say yes, and the self-confidence and strength of character to make hard decisions and stand firm.


Fiction for Grades 3 to 5


Giff, Patricia Reilly. Fish Face. Dell Yearling, 1984. Having discovered that a classmate is a thief, Emily must decide what to do.

King-Smith, Dick. Babe the Gallant Pig. Dell Paperback, 1988. Young piglet Babe faces many obstacles upon arrival at Farmer Hogget’s farm, but armed with courage and determination, overcomes them all.

Lindberg, Becky T. Speak Up, Chelsea Martin! Whitman, 1992. Encouraged by her mother, Chelsea decides to speak up for herself and deal with the consequences.

Mauser, Pat Rhoads. A Bundle of Sticks. Macmillan, 1987. Bullied at school, fifth-grader Boyd learns martial arts techniques that allow him not only to defend himself but to decide when not to fight.


Slepian, Jan. The Alfred Summer. Philomel Books, 2001. A group of young adolescents discover that there are as many levels of heroism and many definitions of “special.”

Sperry, Armstrong. Call It Courage. Aladdin Reprint, 1990. In this Newbury Medal Classic, Mafatu, a 12-year-old Polynesian boy whose mother drowned in a hurricane, is forced to call on all his courage to conquer his fear of the sea.


Whalen, Gloria. Homeless Bird. HC Children’s Books, 2000. Married at 13 and promptly widowed, the courageous and spirited Loly’s future life in India seems hopeless until she finds a way to forge her own destiny.

Nonfiction for Grades 3 to 5


Related Materials from Sunburst Visual Media

“You Can Try, So Can I”
13-minute program for Grades 3 to 5

“Should I Speak Up? Building Character”
16-minute program for Grades 3 to 5

“Set Your Own Goals”
18-minute program for Grades 3 to 5

“Heroes of Today and Yesterday: Rosa Parks and the Civil Rights Movement”
24-minute program for Grades 3 to 8
Online Resource

Warburg Courage Curriculum
A language-arts curriculum, based on the value of courage, that promotes literacy by encouraging students and teachers to write and discuss courage within literature:

http://www.maxcourage.org
What Is Courage? Building Character

Host

Hi there, the name’s Bravado, Will Bravado, crack newspaper reporter for the Times. I was recently given an assignment by my editor. She wanted me to do a story on kids in our town who’ve displayed acts of courage. It’s going to be in tomorrow’s paper—but I wanted to give you an exclusive, behind the scenes look at what I found.

Now courage—that’s a pretty big topic. And, of course, the first thing you think of when you hear the word courage is bravery. But that doesn’t really tell you a lot. So, I decided to start my investigation with a quick glance at the old thesaurus. It’s like a dictionary, but instead of giving you definitions, it gives you synonyms—words that mean the same.

And what I discovered is that there are a lot of synonyms for courage, because courage can mean a lot of different things.

When I looked up courage in the thesaurus, the first synonym I found was mettle. Mettle means spirit, daring, guts. It’s rising to meet a challenge. My search for a story about courage and mettle took me to the Northside Community Center and a girl named Mallory.

Mallory’s story of courage began when she decided to join the drama club at the local community center. A few of her friends belonged and it seemed like fun. They were putting on a play about “Blue Beard the Pirate.” Now Mallory wasn’t an actor. She was one of the backstage helpers. She set up the lights, helped make the scenery, moved props, and operated the curtain. That’s what she liked to do. At the last rehearsal, the afternoon before the performance, the kids got some bad news from Mr. Hammons, who ran the drama group.

Mr. Hammons

Can I have everybody stop for one second and listen up, please.
I just got off the phone with Michelle Davis’s mom. Michelle has the flu. She won’t be able to be in the play tonight.

**Joey**
But she has one of the biggest parts.

**Allison**
What are we gonna do?

**Mr. Hammons**
Well, we are going to have to get someone to step in and be ready for tonight. Now, who knows all Michelle’s lines?

**Allen**
Mallory does.

**Mallory**
Me?

**Allen**
You did her whole part with me.

**Mallory**
I was just helping you rehearse.

**Allen**
So. You still know the whole part.

**Mallory**
I was just fooling around. I’m not an actor.

**Mr. Hammons**
Well, we are going to need someone to set up.
Jackie
C’mon, Mallory.

Mallory
Who’ll do the curtains?

Sam
I will. I’m backstage anyway.

Mr. Hammons
What do you say, Mallory?

Allen
We need you.

Mallory
Ummm…I guess.

Mr. Hammons
Wonderful! We’ll get you into a costume right away. Okay. You can also hold the script during the dress rehearsal.

Host
So Mallory gave it a try. And she was pretty good at dress rehearsal.

But later on, a little fear and doubt set in.

Mr. Hammons
Mallory, I think you did a great a job.

Mallory
Really? Because right now, I don’t think I can do it again.

Mr. Hammons
Why?
**Mallory**
I only had one practice. I think you should get someone else.

**Mr. Hammons**
Well the truth is—there is no one else to get. And I know you can do it. Everyone’s worked so hard on this play. I’d hate to see them all disappointed.

**Mallory**
I know. But I already have a stomachache just thinking about being in front of all those people.

**Mr. Hammons**
I can understand that. Getting up in front of an audience is one of the hardest things to do.

**Mallory**
I’ve never been in a play before.

**Mr. Hammons**
Trying something new like this is always scary.

**Mallory**
I feel a lot of pressure right now.

**Mr. Hammons**
That’s understandable. There is a lot of pressure. And everyone’s depending on you. But it takes courage to do what you’re going to do tonight...there’s no doubt about it. But you know what, I bet you can do it.

**Host**
Fear, doubt, pressure—are normal feelings everyone has. Mallory had to face those feelings and that takes mettle. The spirit to rise up and meet a challenge. And Mallory did just that. How’d she do in the play?
Well, she did great and actually had a good time.

And she learned one very important thing—that having courage doesn’t mean you that aren’t afraid or have doubts or feel pressure. Having courage means you can face a challenge and do your best in spite of your fear.

**QUESTION FOR DISCUSSION**

- Have you ever faced a challenge that required you to show courage like Mallory? What was it and what did you do?

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**Host**

My next story about courage deals with Resolution and Perseverance. That means making up your mind to achieve a personal goal—and not giving up. To carry on and keep going—all with a positive attitude—even if you face defeat and failure.

I found a story about that kind of courage in a most surprising place—our local animal shelter. The story begins with Alex. He’s this one over here with the dog.

Alex wanted a dog for his birthday. So he and his dad went to the shelter to pick one out.

Just as they were leaving, Alex noticed a sign on the door that said the shelter was closing.

**Alex**

How come you’re closing?

**Director**

Well, we just don’t have the money to keep the shelter open anymore.

**Alex**

What’ll happen to all the animals?
**Director**

Well, hopefully, we'll find good homes for all of them.

**Alex**

What if you don't? Can't you get the money?

**Director**

Well, we've tried all kinds of fundraisers. I mean we are a volunteer organization, and it just doesn't seem like we can find the resources to stay open.

**Alex**

Maybe there's something we can do. Can't we, Dad?

**Dad**

Well, I'm sure if Mrs. McCormick says she's tried everything, there's not a lot we can do.

**Director**

We close at the end of the month. It seems like there's little anyone can do anymore.

**Host**

Well, for most people that would be the end of it. But not Alex. He made up his mind right then and there that he'd try to find a way to help the shelter.

**Alex**

It's terrible that the shelter is going to close.

**Dad**

Well, sometimes things like that happen.

**Alex**

I wish there were something we could do.
Dad
I don’t know, Alex. It would take a lot of time and effort.

Alex
Maybe I could try.

Dad
I’m not sure what you can do. But if you think of something—go for it.

Host
The first thing Alex did was to talk his friend Peter. He always had good ideas.

Peter
What do you think about setting up jars for money in some stores?

Alex
That’s a great idea. We can make labels on the computer asking for donations.

Peter
And we can collect cans and bottles—and get money that way, too.

Alex
Let’s start right away!

Host
So Alex and Peter got to work. They brought jars to some stores. But only a few would accept them.
They also collected bottles and cans from their neighbors. After five days, they counted how much money they made.
Peter
Well, that’s the last one. How did we do?

Alex
Our grand total is $9.80. How was our collecting of the stores?

Peter
Not so good. Just a few quarters and some pennies.

Sister
How’d you do?

Peter
Not so hot.

Sister
It’s hopeless.

Alex
No, it’s not!

Sister
You guys are just wasting your time. You think if all those people couldn’t save the shelter, you think you two are gonna do it! Yeah, right.

Host
But Alex and Peter wouldn’t give up. The first thing they realized was that they needed more help. So they got on the Internet and put out the word to other kids in their school. Pretty soon, there were lots of kids working on raising money for the animal shelter. They all collected bottles and cans, and they were able to set up their jars in more stores. By the end of the second week, they had raised much more money.
Alex
So how much is that?

Peter
Just about $232.

Alex
That’s sounds better. But it’s still not enough.
We need something that’ll bring in a lot.

Rita
One time I saw they had a baby picture contest. Maybe we could have a pet picture contest.

Peter
How will that make us money?

Rita
We could charge $10 to enter your pet’s picture.

Abby
And the prize would be to have the winner’s picture outside the shelter.

Alex
That’s a great idea. Let’s do it!

Rita
This will be fun!

Host
So all the kids made posters to advertise the “Pet Picture Contest.” Then our newspaper did a story about it. We even advertised the contest.
When the local TV station heard about it, they did a story too.

And guess what? The kids received 255 entries and made $2,550 for the animal shelter.

As a matter of fact, they got so much publicity, other people in town volunteered their time at the shelter and local businesses pledged money to help the shelter every month.

And what did it take to make all this happen? Resolution and perseverance—the courage to set a goal, stick with it and keep a positive attitude when others say it can’t be done. That kind of courage paid off for Alex and his friends and all the animals they helped to save.

**Question for Discussion**

- Have you ever been in a situation where resolution and perseverance helped you achieve a goal? What was it? What did you do?

Host

Now for my last story. It’s about fortitude. That means having strength of mind and moral determination. The courage to stand up for what you believe in.

My search for a story about fortitude brought me back to our community center—and to Kyra. Kyra is on our town’s swim team. On the first day of practice, the team saw a new girl waiting to sign up.

Stacey

I wonder who she is?

Greg

She’s definitely new.
Laura

Doesn’t look like a swimmer to me.

James

That’s for sure.

Host

When the coach arrived, the kids found out more about the new girl.

Coach

Are you the new member of our team?

Melanie

Y-y-yes.

Coach

And what’s your name?

Melanie

M-m-m-melanie.

Host

What they discovered about Melanie was that she stuttered. A lot of the kids thought it was funny. When Kyra saw them giggling, she felt kind of bad inside.

After practice, Kyra, thought it would be nice to ask Melanie if she wanted to hang out with the other kids. Melanie was very happy...but it didn’t last long.

Kyra

Hey, guys. Melanie would like to hang out with us.

Stacey

Oh, t-t-that w-w-would be f-f-fun.
Kyra

Stacey!

Melanie

That's o-k-k-k-kay. I d-d-don't want to p-p-play.

Host

Kyra could not believe her friends were being so mean. And now she felt torn. Should she say something to them?

Kyra had to make a difficult choice. But deep down inside she knew what the right choice was.

James

B-b-b-ye.

Kyra

That is horrible!

Stacey

It's funny.

Laura

She's such a loser.

Kyra

You shouldn't make fun of people.

Stacey

What are you, her friend or something?

Kyra

What difference does that make?

Stacey

Ooohh! Why don't you go p-p-p-play with her.
Kyra

Good idea.

Host

That took fortitude. The courage to stand up for what you believe is right. Even if it means standing up alone.

Question for Discussion

• Have you ever been in a situation that required you to show courage like Kyra? What was it? What did you do?

Host

Working on this assignment, I learned a lot about courage. I learned that courage isn’t something you’re born with. More, it’s a decision you make. Courage is a choice.

The End