

# COURAGE- April

- **Definition:**
  - The ability to do something that frightens you
  - Strength in the face of pain or grief
- **How do I demonstrate COURAGE?**
  - Stand up for others.
  - Stand up for what is right. Even if it means you stand alone.
  - *Persevere* in the face of difficulty.
  - Face challenges and difficulties with dignity.
  - It's okay to feel afraid. Choose to act in spite of your fear.
  - Dream big and follow your heart.
- **Some thoughts on COURAGE:**
  - "All our dreams can come true... if we have the COURAGE to pursue them!"~ Walt Disney
  - Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says "*I'll try again tomorrow.*"  
~Mary Anne Radmacher
  - Show courage in doing the right thing by being **READY, RESPONSIBLE** and **RESPECTFUL!**
- **ASCA Standards and Competencies Addressed:**
  - Personal Social: C1.5- differentiate between situations requiring peer support and situations requiring adult professional help
  - Personal Social: C1.7- apply effective problem-solving and decision-making to make safe and healthy choices
  - Personal Social: C1.9- learn how to cope with peer pressure

It's cool to care about our **CHARACTER!**  
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