

Journey of Discovery



Getting Ready to Go

Step 1 Courage

Hi Young Leaders.

Welcome to

Journey of Discovery!

Things are a bit strange right now and being at home all the time can be hard.

Being good leaders and helping others is so important at the moment!

Today we are thinking about **courage**.

Remember small steps can make **BIG changes!**



There are lots of ways we can be good leaders like showing **kindness** and good **teamwork**.

Can you think of any other ways we can be good leaders?



Write or **draw** your ideas here:



Step 1– Courage

In the last activity did you think about a good leader having courage or being brave?

The first step on our journey is to think about how we can show **courage**, even when we are not sure what is ahead. We don't know when we might go back to school or be able to see our friends again.

When we can't quite see the way ahead, we need courage!

What is courage?

Draw your ideas here



Courage is inside each of us...

Courage is being brave even when things worry or scare us...

Courage is doing the right thing even if it is difficult...

Courage is trying new things...

Courage is keeping going when we don't know what will happen...

Courage Award

Give a '**Courage Award**' to someone in your family

Can you think of a time when you have shown courage?

Can you think of someone else who has shown courage?

Fill in the '**Courage Award**' certificate and give it or send it to someone you know.



Courage Award

This Courage Award is
presented to

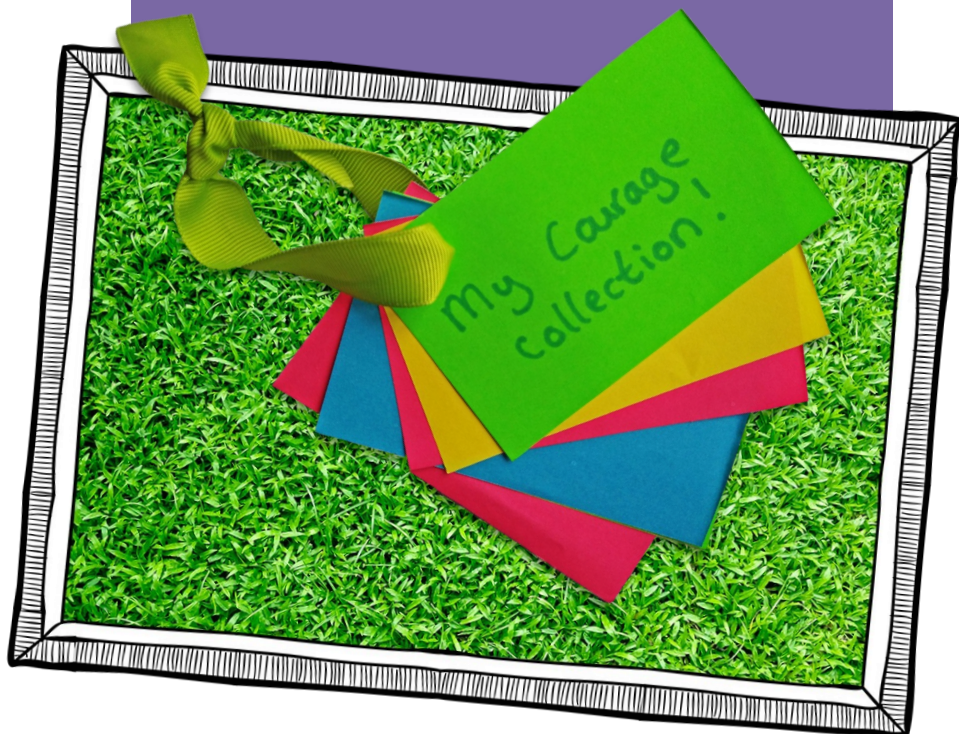
For showing courage by

From

Courage Collection

Keep a note of ways you or others in your family have shown courage.

Draw or write them on a slip of paper then put them together into a little book.



Jar of Courage

How could you encourage people to be brave and show courage?

What words can you think of that might help people be brave?

Write your ideas on bits of paper and put them into a jar.

Decorate your jar of courage and every time you or someone in your family needs a little bit of courage take one out and read what it says.



Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.

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