

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #29: MAKE A COURAGE CHAIN



As Walt Disney once said, "All our dreams can come true...if we have the courage to pursue them." How do we build the courage to accomplish all of our goals? We can do this by starting with something small.

Courage is defined as the ability to persist through something that scares us. We can practice courage each day! It might take courage to reach out to a friend or to share how you are feeling with another person. It might also take courage to provide an answer or ask a question in class. Another way we can show courage is by trying something new. Although we might be unsure if we will enjoy this new experience, we might miss out on something great unless we are courageous. Reminding yourself of the times in which you were successfully courageous may be beneficial the next time something scares you. You will be able to look back on all the moments you have shown courage, and may be inspired to continue adding new experiences. Today, let's begin writing these courageous moments down.

Practice Courage Today:



1. GATHER CONSTRUCTION PAPER, MARKERS OR COLORING PENCILS, AND SOME GLUE OR TAPE. CUT THE PIECE OF PAPER INTO STRIPS THAT YOU CAN WRITE ON.
2. THINK ABOUT SOME WAYS YOU HAVE SHOWN COURAGE RECENTLY. CONSIDER YOUR INTERACTIONS WITH OTHERS, AT SCHOOL, OR IF YOU HAVE TRIED SOMETHING NEW!
3. WRITE ONE IDEA DOWN PER STRIP OF PAPER.
4. GLUE OR TAPE THE FIRST STRIP INTO A LINK. ATTACH THE NEXT STRIP OF PAPER TO THE FIRST ONE AND CONTINUE WITH THIS PROCESS (REFER TO THE FIRST VIDEO LINK BELOW).
5. HANG YOUR MASTERPIECE IN YOUR ROOM AS DECORATION. EACH DAY THAT YOU SHOW COURAGE, WRITE DOWN THE EXPERIENCE AND ADD A LINK TO THE CHAIN.

Parent Practice Tip:

Assist your child in brainstorming ideas. Consider ways you have seen your child show courage that he/she may not have thought of as an act of courage.

To Learn More:

[How to Make a Paper Chain](#)

[Courage Song for Children](#)

[What is Courage? \(Choose Love Video\)](#)

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