



TODAY'S TOPIC:

Courage (Back to School)

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Can you think of a time you were brave?

Lesson

Materials	Things to Prepare	Today's Goal
n/a	n/a	Know what it means to be courageous, especially when you are going back to school, and that God is a source of courage.

1. SPIRITUAL MOVEMENT = Tap and Wiggle
2. CANDLES =
3. SING AND SIGN = Surely the Presence
4. BASKET =
5. PRAYER =
6. LESSON=

ACTIVITY: Human Rainstorm

Goal - continuous sound that starts soft, gets louder, then fades to soft again. It will sound a bit like a rainstorm.

How - You are the leader. You start the first action and then the person next to you joins and so on until it completes around the entire circle with everyone making the same action. Everyone should continue to make sound, even as you start the next action where once again the person next to you will change and then the person next to them and so on. That means people will be making different sounds at the same time. When you switch, go in a circle and have each person switch once the person next to them changes.

Actions -

- Rub hands together
- Snap fingers

- Clap hands
- Slap thighs
- Stomp feet
- Slap thighs
- Clap hands
- Snap fingers
- Rub hands
- Hands on lap

ASK: Why do you think we are making noise like a rainstorm? Because sometimes thunderstorms can be scary, and you might need to be a bit brave to feel okay.

ASK: What does it mean to be brave or to have courage? What is courage? Ask for ideas. Suggestions below.

- Personal bravery in the face of fear.
- Going ahead even when you feel like giving up or quitting.
- Trying new things. But not taking unnecessary chances just to look brave.
- Without courage everyone would do only what is easy, and people would avoid new things that seem hard.
- Sometimes courage means going against the crowd.

ASK: Can you think of courageous characters from movies or tv shows?

ASK: Can you think of a time you were brave? Some examples:

- Try a new food?
- Are kind to a child that everyone else is mean to?
- Hear a noise in the dark?
- Told a lie and feel awful about being untruthful?
- Had to get a shot?
- Borrowed something and lost it and told the truth about it?
- Stood up to your friends when they wanted to do something wrong or unkind?
- Turned in something you found, even though you wanted to keep it?
- Helped a new kid no one wants to talk and is having trouble making friends?

ASK: Since it is back to school time, are there ways you can brave at school? What would you do in these situations? (please tailor for the age of your class)

- You borrowed a pencil from the teacher's desk and lost it. What could happen next?
- You said something unkind about another person and they overheard you...how could

you be courageous?

- Your friends have decided it would be fun to see if they could get away with taking something that doesn't belong to them... how could you be courageous?
- You find a watch on the playground and you really like it.
- Everybody is in a hurry to get to an activity first. You really want to be one of the first and a kid near you trips and falls down.
- You think somebody is being mean by making fun of a kid on the playground. **SAY:** Things can be less scary, and it is easier to be brave and have courage if you have someone with you, or if someone you trust is there and tells you it's okay. That might be your friends or your family or your teacher. It can also be God. God is with us all the time and we can always count on God to give us courage. Remembering this gives us strength and helps us do the right thing without letting our fears stop us.

ASK: How will you remind yourself you are brave and courageous?

AFFIRMATION – I can do hard things. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .