



THE BEARCAT WAY

Courage

SEPTEMBER

Gaining Strength To Do Something You Are Afraid To Do

Courage helps us to do things that scare us, whether that's cliff diving or presenting in class. It's a muscle we build up until we have the strength to feel fear and face it anyway.

3 Ways To Help Someone Become Courageous

1. **Be a practice audience.** A lot of fears involve doing something in front of other people. It's easier to have courage in front of a crowd if we've practiced with a few trusted people first.
2. **Check in on progress.** When someone is working to overcome one of their fears, a good way to support them is by checking in with them throughout the process physically, mentally, and emotionally.
3. **Be patient while others are gaining strength.** It is brave to face our fears. Our support can fuel their courage so they can overcome their fear.

Being courageous is gaining strength to do something you're afraid to do. If we can develop courage to do the little things that scare us, then we can develop the courage to do the big things later in life. **This is the Bearcat Way!**

Try This!

TALK about fears. If we are ashamed of our fears, we won't face them. We must get used to the idea that everyone has fears.

LAUGH at fears. Think of ways to make fears funny. If you are afraid of sharks, think of what would make a shark look funny.

BUILD courage. Do something each day that scares you. Perhaps doing so gradually will help you face a bigger fear.

Reflections

- What are you afraid of?
- Why are you afraid of that?
- What can help you overcome your fears?
- Who do you know that has courage?
- When was a time when you did something you were scared to do?