

Becoming Courageous

Reflect: Lesson 1

My Challenge is My Strength

Objective:

1. To introduce the idea that a challenge can also be a strength.
2. To empower children to use what they have learned to help others who are experiencing the same challenge.

Rationale:

1. Turning challenges into strengths empowers you to move away from shame.

Alignment to the British Columbia Core Competencies: .

Positive Personal & Cultural Identity; Personal Strengths and Abilities:

1. I can reflect on my strengths and identify my potential as a leader in my community
2. I understand I will continue to develop new abilities and strengths to help me meet new challenges.

Supporting Literature:

1. *Man's Search for Meaning* by Victor Frankl. Here is a summary and interpretation in the blog, [Brain Pickings](#).
2. [Becoming Human](#), the 1998 CBC Massey Lectures by Jean Vanier.

Materials and Resources:

1. Courage Journals. Children use exercise books or any type of book or journal. Courage Journals are used to reflect on the content of the day's lesson. Each child should have their own.
2. Smartboard, or projector and speakers. Links to the videos are in the lesson.
3. Video: [Connor and Cayden](#)
4. Books: *Imagine a World*, by Ron Gonsalves
Because of an Acorn, by Lola M Schaefer and Adam Schaefer
I Wish You More, Amy Krouse Rosenthal
4. [I am from](#) poem examples. (This list is being added on to, so it would be best to visit ahead of time and pick a few examples)
5. *I am from* poem thinking sheet template (attached to lesson)

Lesson (approx 1 hour)

Becoming Courageous

Introduction:

1. Organize students for watching a video. Show them the video of [Connor and Cayden](#). What are the challenges for Connor and Cayden? What are their strengths?
2. Read the book, *Imagine a World*, by Ron Gonsalves
3. Facilitate a conversation around the book. Lead the conversation towards asking the question, "What kind of a world do you imagine for yourself?"

Main Activity:

1. Read the book, *I Wish You More*. Afterwards, lead a discussion about the challenges faced by the book's character. Is it possible to have the positives without the challenges? Do the challenges make the positives better?
2. Think of a challenge that you are currently working on. (The more personal a challenge is, the more meaningful this activity will be)
3. Work together through the "My Challenge is My Strength" template. Students should be encouraged to use detail words rather than generalizations, as this will produce a much lovelier poem.
4. Read through and discuss the examples of [I am from poems](#). Note the use of detail.

Reflective Activity:

In your Courage Journal, take the details from your template and write a "I am from" poem. At your discretion, the poems can be shared or kept private.

Extensions:

Books:

Just in Case You Want to Fly by Julie Fogliano
Because of an Acorn by Lola M Schaefer

Creative Activity: My Hands Are My Heart. We show that we care by doing things for them - we can especially show we care by teaching others the lessons we have learned.

The sheets can be found at the "creative activity" button.

Start by brainstorming the ways you can use your life experience to help another person (most likely younger). Students then write their experiences of teaching others in the boxes on the sheet. These sheets can also be coloured to make them look more beautiful.

Materials:

- Worksheets
- Pencil
- Pencil Crayons

Becoming Courageous

