

Becoming Courageous

Reflect

The Spiral of Courage

Objective:

1. To summarize all that has been learned.
2. To internalize the spiral of courage so that it can be used as a strategy.

Rationale:

1. The final step in the spiral of courage is to reflect on what you have learned. In this lesson we will reflect on all that we have learned about courage.

Alignment to the British Columbia Core Competencies:

Personal Awareness and Responsibility; Self Determination and Self-Regulation;

1. I can imagine and work toward change in myself and in the world.
2. I can persevere with challenging tasks.

Supporting Literature:

1. Heidi Jungwirth: [The Spiral of Courage](#)

Materials and Resources:

1. Courage Journals. I use exercise books, but you can use 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. *Courage* by Bernard Waber
Flowers for Sarajevo by John McCutcheon
3. [Albinoni's Adagio in G minor](#). (To use when reflecting in the Courage Journals)

Lesson (approx. 1 hour)

Introduction:

1. Organize students to listen to a story.
2. Explain to students that today the class will be having its last official lesson about courage. The purpose of this lesson is to think about all that has been learned.
3. Read the story, *Courage* by Bernard Waber
4. Facilitate a conversation about the book, and what we have learned about courage.

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Main Activity:

1. Read the book, *Flowers for Sarajevo*.
2. Facilitate a discussion about the acts of courage shown in the book. Why is the man in the tuxedo playing the cello? What does he do for everyone else, for Drasko? How do the people of Sarajevo become more and more courageous?
3. How does courage spread? Can one person inspire others to become more courageous?

Reflective Activity: You may want to play the Albinoni's Adagio in G minor while the students are reflecting. Reflect on a time when your courage has inspired others to become courageous, or when the courage of another has inspired you.

Extensions:

Revisiting Story Books: any of the story books used in this program can be re-read and analyzed for the spiral of courage. Students may have favourite ones that they would like to re-visit.

Creative Activity: My Own Spiral of Courage: Print the spirals from the website. Beginning at the centre, have the children write down their acts of courage. Start with small ones, and as the spiral grows bigger, write down the increasingly courageous things they have done. When the students have finished writing, they can colour the spirals. When the spirals are coloured, they can be cut out on the solid lines. Poke a hole in the centre (dot) and place a string through. Tie a knot in the end of the string closest to the spiral, and hang the spirals with the coloured side down. They can be hung up in the classroom.