

POWERFUL PROJECT

AGES 4-7

MARCH
2012

COURAGE

FIRST & LAST NAME:

Courage means; "I feel brave!" We are using courage when we try new things, meet new people, and make good choices even when we feel a little scared. For this month's project, try something new! Use your courage to try a new food, meet a new friend, go somewhere new or even speak up to the librarian, waitress, or teacher when they ask you a question. You make the choice. What courageous or brave things will you do? Keep track of what you do and how you feel when you do it. Write them down draw pictures in the spaces below. We look forward to hearing all about it!

A new food that I'm trying this month is:

A new activity, project, or game I'm trying is...

When I am about to perform or show something I've learned in front of people I feel (Circle)



Happy



Angry



Worried



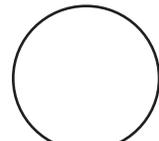
Sad



Surprised



Excited



Other: I feel _____

One time I used my courage to try...

One person who shows courage a lot is...

Circle:

I.... Liked it! Loved it! Didn't like it