



# What is courage?

- **Courage is being able to face your fears.**
- **It is having the inner strength to be the best that you can be.**
- **Courage is doing what you know is the right thing, even when it is very difficult.**

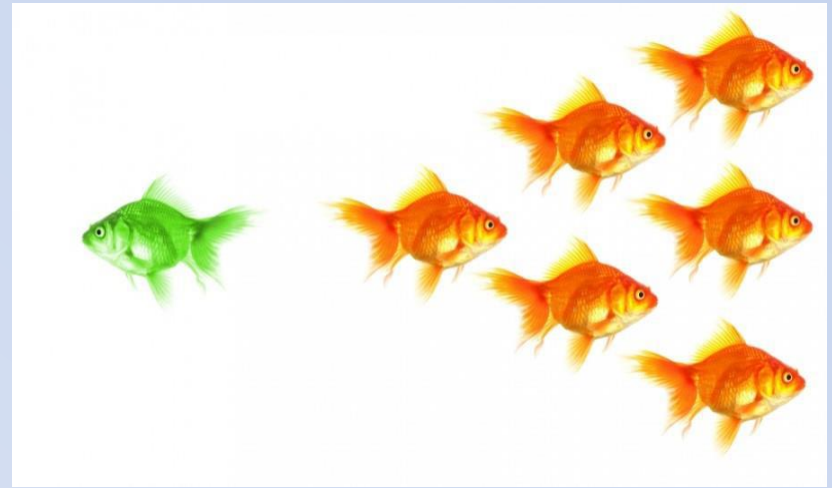


INHALE  
COURAGE  
EXHALE  
FEAR

**Courage takes  
practice,  
the more you  
practice the easier  
it becomes.**



**Do the right  
thing, even if no  
one else does,  
even if no one is  
watching.  
That's courage!**





**Trying  
something new,  
even when you  
know you  
might fail at  
first.  
That's courage!**

**Trying a food  
you think you  
might not like**



**That's courage!**



**Telling the truth,  
even though  
there may be a  
consequence.**

**That's courage!**





**Riding a bike  
without  
stabilisers.**

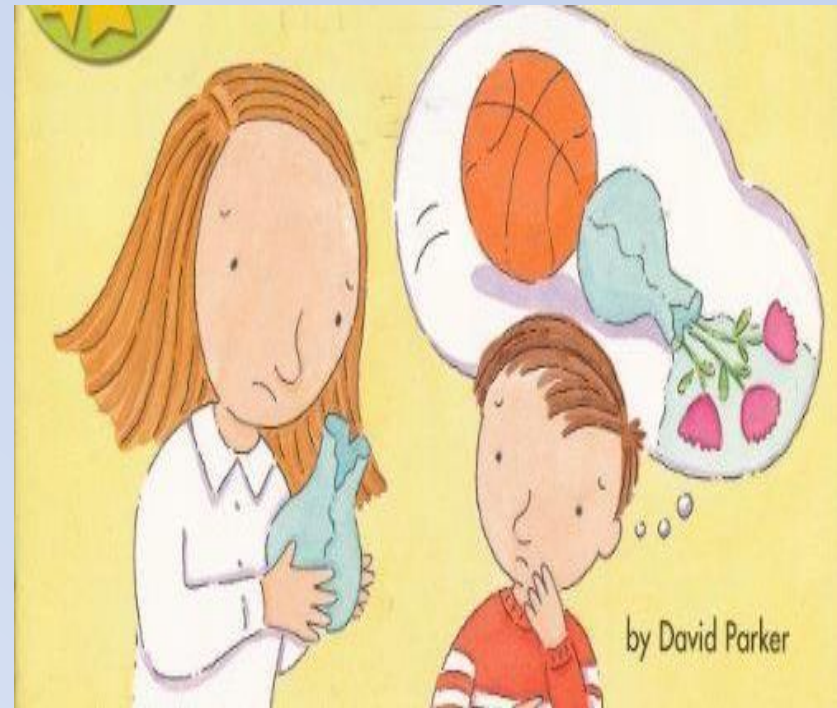
**That's  
courage!**





**Admitting your  
mistakes and  
learning from  
them.**

**That's courage!**





**Standing up for  
someone who is  
being  
mistreated.**

**That's courage!**



**Be Patient,**  
Overcoming fears  
takes time,  
Be patient with  
yourself.

Be patient with others  
who are facing fears.

Encourage yourself  
and others to always  
do what's right.

**Don't give up!**

**Think of:**

*Who inspires you to be courageous?*

*How can you show courage today,  
tomorrow and in the future?*

