

# QUESTIONS

-TO-

# CONNECTIONS

*Planting seeds for the future ONE word at a time...*

WORD: **COURAGEOUS** /KUH·REY·JUH·S/

When we do our part in fulfilling our purpose we light the path for others to do the same. The act and ability to choose to push through fear to participate in an experience fully is a skill that we must learn how to get back as we get older. That's courage! Courage is defined as the ability to do something that frightens one.

## Reflect

### YOUR UNDERSTANDING AND VISION OF THE WORD

**Life shrinks or expands in proportion to one's courage.**

- ANAIS NIN

Take a moment to think about your responses to the following questions. This is your opportunity to see if what you believe is taking hold with the young people in which you have interactions.

- What is the last thing that you did that made you feel courageous?
- When you are feeling courageous what does your body feel like? Do you notice anything different?
- What was the last thing you did to encourage one of your students to be courageous?
- How were you taught to be courageous as a child? Who taught you and what was that relationship like?
- How has your courage evolved over the course of your life?
- What skills or strategies have you learned to help push past discomfort in moments that called for courage?

## Connect

### QUESTIONS AND CONVERSATIONS STARTERS THAT PROMPT CONNECTIONS

The most important part of building meaningful relationships is the ability to trust each other through active listening and understanding. When we discuss these questions with those that are younger or not yet familiar with the concepts we must approach it with emotional constancy as the adult that has done the work to be introspective first. We recommend starting up top with the reflection questions and bringing those sentiments with you to the conversation. This is deep but will be an eye-opening experience for all that are committed to growing together. Notice if there is alignment with what you reflected on and what they said.

- What does it mean to be courageous? When was the last time you felt courageous?
- When you are feeling courageous what does your body feel like? Do you notice anything different?
- When do you feel you have to be courageous in your life?
- How did you learn how to be courageous? Who taught you?
- What can I do as your teacher to help you get better at being courageous?
- What mistakes are you afraid of making? What is one small step of courage you can take?
- What is your biggest hope for the future? Will it require courage to get there?



**Teacher Tip:** Students can ease into being more vocally courageous if you consider their relationships with others in your class. If they are shy, allow them to have a chance to respond to prompts and questions with the person they are closest to in the class. You may want to preview this for them by telling them that you would like to do partner sharing and asking them who they would like to speak with privately before the activity. Instead of asking them to share their thoughts directly in front of the whole class, ask them to share a little about what a peer shared in their turn-and-talk. It takes a bit of the pressure off, and all they need to do is recall information. If they trust that you are being considerate about helping them become more courageous, they will grow into that skill. Then, acknowledge the courage they displayed when you get a chance to give them a private nod.

## THOUGHTS TO TAKE AWAY AND SHARE

