



COURAGE

5th Grade Family Connection

PurposeFULL
People

Overview

We are excited to focus on Courage this month! One way to think about Courage is “choosing what is helpful, right, and kind even when it is hard or scary.”

Courage is 1 of 3 traits we will focus on throughout the year that helps students Be Strong. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

In The Classroom

While practicing Courage this month, 5th grade students will be focusing on goal-setting. Students will practice setting an important target to work towards, anticipating obstacles, and making a plan. They will do this by using TOP Goals.

TOP stands for...

- **Target:** Visualize your goal and think about why this is important for you.
- **Obstacles:** Plan for challenges. If _____ gets in the way, then what can you do?
- **Plan:** Create 3 action steps you will need to take to complete your goal.

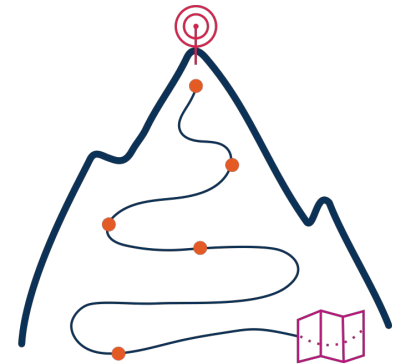
This technique helps students be more Courageous by clarifying different types of goals and taking thoughtful actions to achieve them.

Conversation Starters



- Can you share with me what your character goals are? Why are those goals important to you?
- When working towards larger goals, how can Courage help us reach them?

Target
Obstacles
Plan
GOALS





COURAGE

PurposeFull Pursuits



PurposeFull
People

Have some fun connecting as a family this month while practicing Courage. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

Reflect, think, and discuss with your student things you both would like to do, but find intimidating or scary. Maybe it's a new hobby, trying a new game, sharing your art or invention with others, or going on an adventure somewhere. Give 1 of these things a try together and take a selfie to capture the memory!

Pursuit #2

Review Courage as a family! Remember that Courage is choosing what is helpful, right, and kind - even when it's hard or scary. What's something that you've been afraid to discuss with your student? Something that might be difficult to explain about our community or the world. Chances are they will hear about it eventually and it may come from someone who is less informed or less supportive than you. Have a courageous conversation with your student. It could be about bullying, the environment, uncertainty, etc. Remind them that love and support are 2 tools that we can use to practice Courage. Discuss as a family ways they can practice Courage around the issue you discuss.



Pursuit #3

We have all demonstrated Courage in our lives. Many of us have seen people practice Courage in ways that have inspired us. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Courage with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Courage this week.



Story Prompts:

- A time I (or someone else) showed Courage was _____.
- An act of Courage that changed/challenged me was _____.

