



COURAGE

1st 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

In 1st grade, we are learning focusing strategies alongside Courage. Focusing on a task, instructions, or even a conversation helps us grow in Courage and be more successful.

Strategies to focus our minds:

- Breathe it out (take a nice deep breath and pay attention)
- Move it out (get a drink or get some wiggles out, then refocus)
- Ignore or move away from distractions

Try reminding your student about these strategies at home when focusing is a challenge!

Conversation Starters

- Can you share or show what it means to have Courage?
- What are strategies you can use to help you focus?



Color in Courage





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 _____.

