

Courage SEPTEMBER 2025



SAY IT:

Courage: Being brave enough to do what you should do, even when you're afraid

KNOW IT:

ASK A GROWN-UP:

- Share a time in your life when you chose to have courage, even when things seemed hard.
- Talk about a time when you wish you would have had more courage in the face of a hard situation.

ASK A KID:

- When was the last time you had courage and did something hard?
- Can you think of a friend or family member who has shown courage?

SEE IT:

Take a few minutes and watch "Have Courage and Be Fearless" by RocketKids.

<https://www.youtube.com/watch?v=o1CxKPrK5GY>

In this episode of *RocketKids*, Vivian shares some of the things she is afraid of and how to have courage to face her fears. Throughout the video, she repeats the mantra, "Take that fear, get outta here, I got this." Take some time with your family to practice this mantra, or come up with your own to help you remember to have courage in the face of fear.

BE IT:

Discuss different situations when it may be difficult to have courage in the face of fear. Do some role-play activities for these situations. Act out how you can have courage to meet a new student at school, give a speech in front of your class, try out for a sport, or give a performance. The more you practice having courage, the more you will be able to say to your fears, "Take that fear, get outta here, I got this."

PHASE

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At every age, kids need significant relationships.

The significant relationships in a child's life include parents, teachers, relatives, coaches, and spiritual leaders.

As a parent, you can encourage these relationships as a way to ensure that other trusted adults are surrounding your kids with the same messages and advice that you would.

So don't miss it. This year, this month, today is just a Phase!