



BRIGHT HORIZON ACADEMY

Character Education

All About Courage

AssalamuAlaikum Parents,

This month, **Bright Horizon Academy** will be learning about COURAGE. Each month we focus on a character trait by exploring what it means, why it's important and how we can incorporate these traits everyday. Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about courage.

Dua for Courage:

رَبِّ اشْرَحْ لِي صَدْرِي ۝ وَيَسِّرْ لِي أَمْرِي ۝

Transliteration: Rabbish rahli sadri, wa yassirli amri.

Translation: "O my Lord, expand my chest (with confidence) and make easy my task for me.

Practice It!

Together with your child, create a list of things you are afraid to try. Hang this list in a visible place, and cross them off when you have accomplished them. Everyone in the family can have things on this list. A great way to teach children that courage knows no age!

Praise It!

While results are important, it is equally important to focus on the process and the effort put in. With your motivation and encouragement, when your child indulges in a brave act, praise their effort, irrespective of the result. Praise their sense of empathy, their urge to stand up for principles, and their inclination to try and change things for the better. Celebrate your child's courageous acts.

Talk About It!

Here are some points to help you talk about courage with your child:

- What do you think courage means and why is it important?
- Tell me about a time that you did something you were afraid to do.
How did you feel after?
 - What keeps you from being courageous sometimes?
 - Is there anyway that I can help you be more courageous?
 - What would you do if you knew you wouldn't fail?
 - Who is the most courageous person you know?