

COURAGE Tips and Tools



Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



How COURAGE leads to Happiness and Success

True courage is not about being fearless. On the contrary, it's about doing things even though we are afraid: afraid of failing, afraid of losing, afraid of getting hurt, or afraid of others not liking us. Courageous people take those risks because something is important to them, because it's the right thing to do, or because it's what they believe in. They know they may not succeed, and they know there might be negative consequences. Courage means doing things that are difficult, because we know in our hearts they are good, or right, or the best thing to do in the long run.

There is a big difference between the false macho bravery of accepting dangerous dares and foolish risks and the true inner strength it takes to stand up to peer pressure and be true to our own convictions. In other words, it takes a lot more courage to say no and be called a "chicken" than it does to follow the crowd and do something risky.

There is another side of courage that isn't about doing what's right or what's best. It's about taking chances and trying things we are afraid of so that we can experience life to its fullest. Everyone has dreams and visions of what they wish their life was like, but many of us are so limited by our fears, and unwilling to take risks, that we never get a chance to experience the happiness and success that we are capable of.

Mindsets for Happiness and Success



COURAGE

Courage is not the absence of fear, but rather the decision that something else is more important.

How to talk to kids about COURAGE

Every parent wants their children to be adventurous and brave enough to risk failure and rejection, to follow their heart and create their own success. They also want to know that their children will make good choices - in the face of temptation and social pressure - even when they are not around to influence and guide them. Simply talking about the courage needed to take chances and make tough choices can prepare children for those difficult situations when they arise. Dinner is a good time to discuss and praise decisions family members have made during the month that take courage. Parents can begin by sharing situations in their own lives that required courage. It is also helpful to discuss situations you have seen others involved in (fellow students, co-workers or friends) that took courage. We've made it easy to teach your children about courage with our LET'S TALK about COURAGE conversation starters.

Box of COURAGE

Dedicate this month to talking about courage and how our fears limit the quality of life we experience. Create a Box of COURAGE for each member of the family. Have everyone write down anything they can think of that they are afraid of or would like to have the courage to do. Older family members can help the younger ones. Everyone picks out one fear they would like to work on for the month and shares it with the rest of the family. Use the Courage cards to record the fear and answer two important questions: "What's the worst that could happen?" and "How would I handle that?" The simple act of talking about our fears takes courage and feeling support from loved ones gives us more courage to try to overcome those fears. Be careful not to criticize or make fun of each other's fears. Listen, validate and be supportive. Help each family member think of ways to conquer their fear - instead of making your own suggestions - and simply ask how you can be helpful. At the end of the month, the family can plan a special dinner to talk about how everyone has done and celebrate the progress you've made.

[Download LET'S TALK - Courage](#)



[Download Box of Courage](#)

The HappyHome ELVES and the Key to COURAGE

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Optimism, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for COURAGE

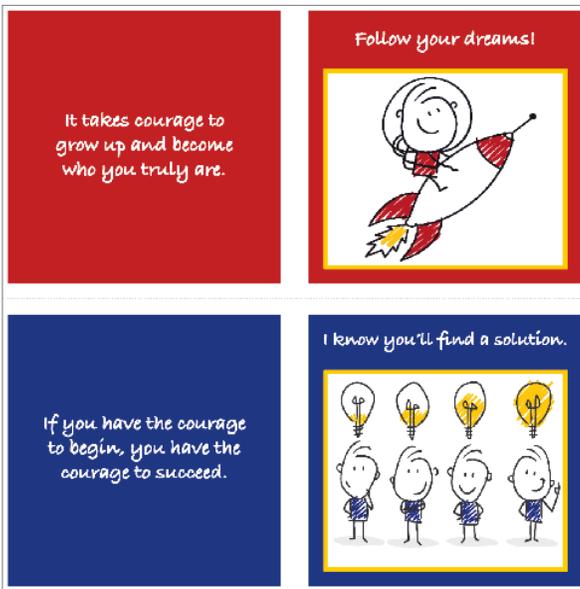
The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of July, all about COURAGE.

Encourage COURAGE Cards

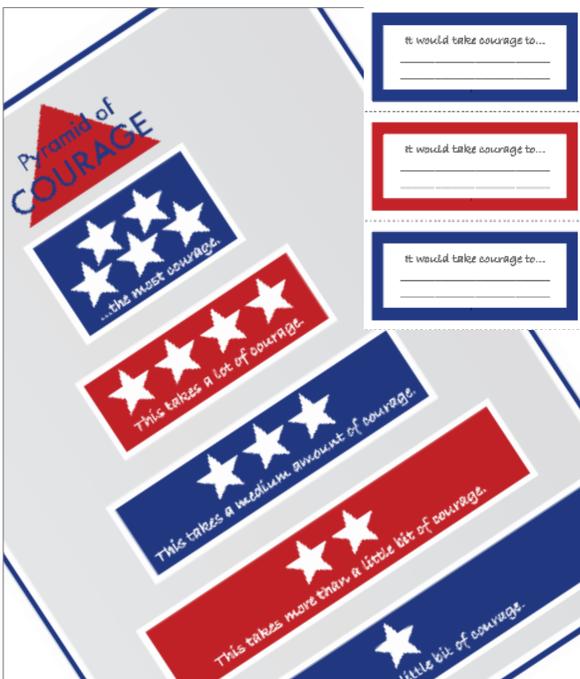
The word “encourage” means to give somebody hope, confidence, or courage...to urge somebody in a helpful way to do or be something. Here are some tips to help you do that:

1. Talk to your children about situations that require courage.
2. Model courageous behavior yourself and talk about your own fears.
3. Teach them that mistakes are opportunities to learn and improve.
4. Explain that preparation helps diminish fear and increases your chance of success.
5. Give them that extra support they sometimes need with Encourage COURAGE Cards that you hide under a pillow, slip into their lunchbox, or tape to the bathroom mirror.
6. Reward your children with a display of STARS for COURAGE and honor them with a special candle at the dinner table.



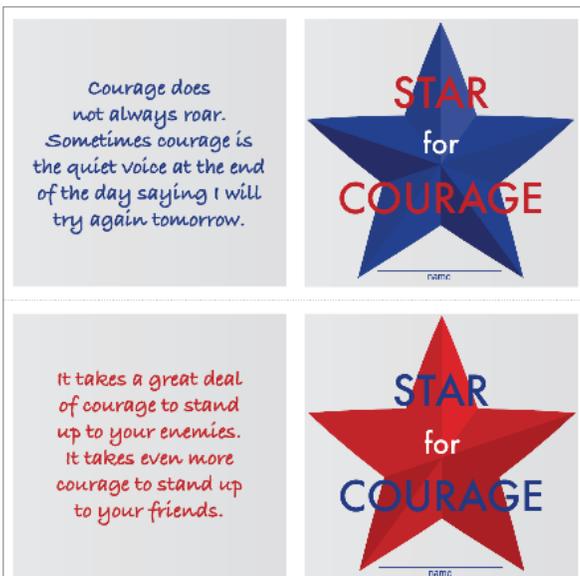
The COURAGE Pyramid

The COURAGE Pyramid is a great way to stimulate conversation about how each situation in our lives takes different amounts of courage to face and conquer. Use the five-level COURAGE pyramid to talk about Courage. Sit down together and make a list of as many different situations you can think of that take courage. Situations you have experienced or observed, as well as situations you hope you never have to. Write each one on the little red and navy cards provided. Next, try ranking them from one to five, with five stars going to the situations that would be the hardest to do and take the most courage. Since we are all different, and afraid of different things, it may not be easy to agree. Then place the one-star situations into the one-star pocket of your COURAGE Pyramid, the twos into the two-star pocket, etc. You may want to make a separate pyramid for each person since our fears are so different at different stages of our lives.



STARS for COURAGE

It is important to teach your children to try new things, to stand up for what they believe in, to tell the truth when it's not easy, and to do the right thing - even when others do not. But all that takes courage. Talking about courage helps - and it sets the stage for more courageous behavior - but the most effective thing you can do (once you have started the conversation) is to encourage your children to try things they might avoid out of fear, and to reward them for showing courage by celebrating their bravery in front of others. Use these STARS for COURAGE to write down what your child has done. Hang a string of stars on the wall for all to see. Nothing motivates a child more - to do something outside of their comfort zone - than praise and recognition.



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