

Box of COURAGE



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the box of COURAGE

Everyone has a number of things they are afraid of, some rational and some not-so-rational. The simple act of talking about our fears takes courage and feeling the support from loved ones can give us more courage to try to overcome those fears. Children are much more comfortable talking about their fears when parents can openly share their own. For the COURAGE Box, everyone picks out one fear

COURAGE (cont.)

to focus on for the month, and writes it down on their Courage Card. Include "What's the worst that could happen?" and "How would I handle that?" Help little ones and then share. Be careful not to criticize or make fun of each other's fears. Listen, validate and be supportive. Throughout the month, help each family member think of ways to conquer their fear, and ask how you can be helpful.



What am I afraid of?

What's the worst that could happen?

How could I handle that?



Will they make fun of me?



Is it going to hurt?



Everyone's counting on me...



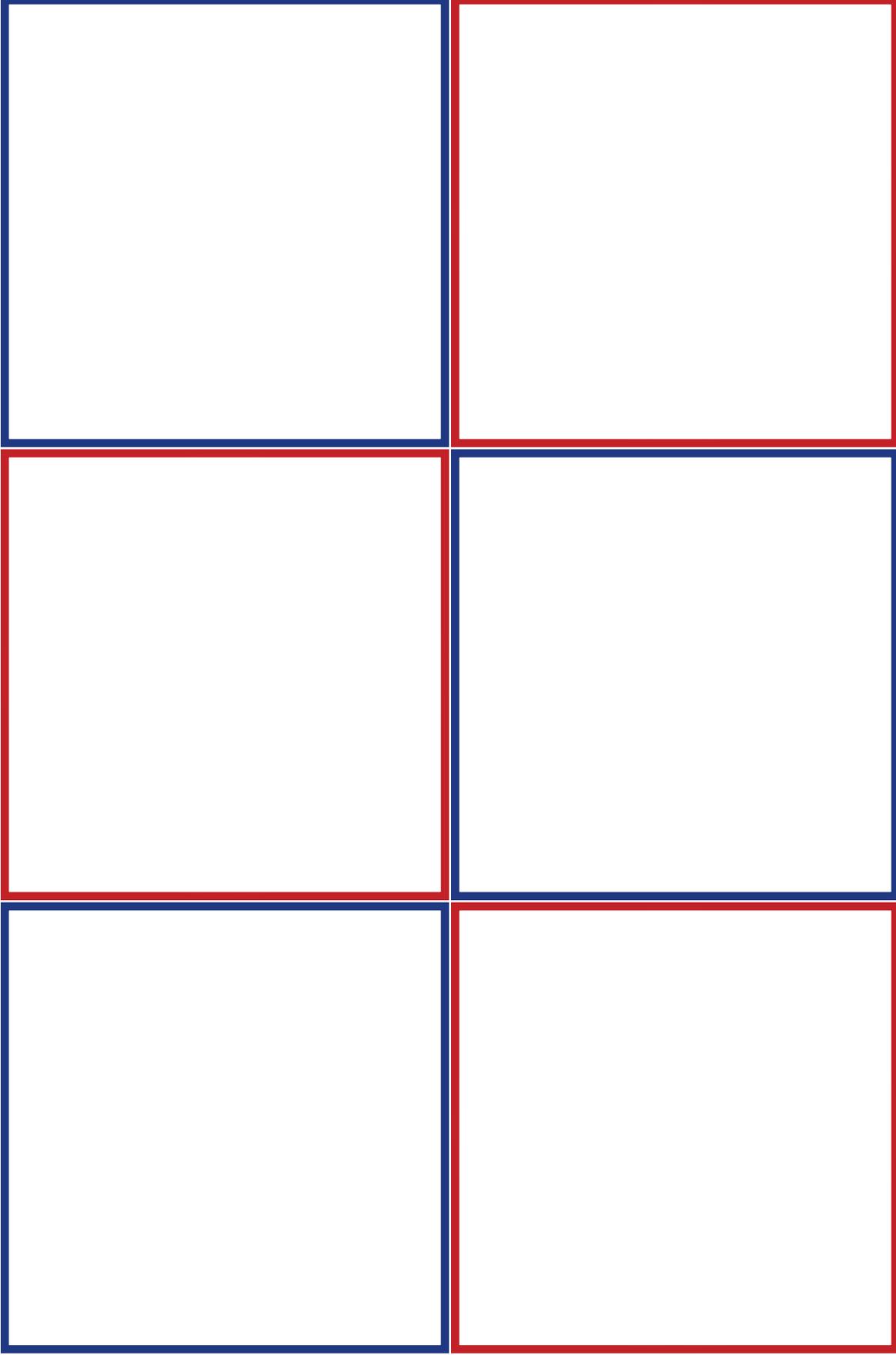
Too many people...



Monsters in the night...



Glue these squares to the inside of each side of the box to make it thicker and sturdier.



What am I afraid of?

What's the worst that could happen?

How could I handle that?

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What's the worst that could happen?

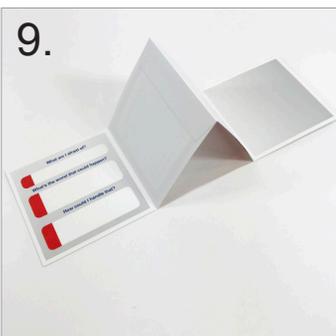
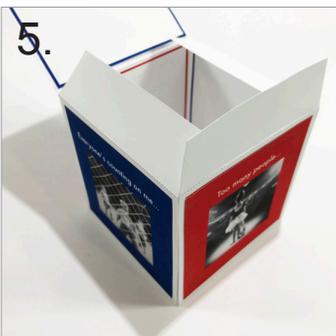
How could I handle that?

What am I afraid of?

What's the worst that could happen?

How could I handle that?

Instructions for Box of COURAGE



MATERIALS NEEDED: You'll need paper that is heavier-than-normal weight for printing. Staples has a great Professional Business paper by HP that is 48 lbs and prints beautiful colours on most home printers. You'll also need scissors, a hole punch, a smooth table knife, and a glue stick.

1. Print 1 each of pages 2, 3, 4, 5 and 7. Print 1 or more copies of page 6, so that you have at least 3 courage cards for each person. Cut out all items on pages 2 through 6 - on or just inside the grey dotted lines. Fold the two box sections (pages 3 and 4) on all fold lines (dotted grey) and make a clean crease with your thumbnail or the smooth edge of a table knife.

2. Glue the 6 empty boxes (page 5) to the inside of the two box sections (pages 3, 4) to make them sturdier. They are 1/8" smaller, so center them.

3. Glue the two box sections together (image #3) with the flap from the "Monsters in the night..." section going under the "Is it going to hurt?" section. Smooth flat until dry.

4. Generously glue the two remaining flaps on the "Monsters in the night..." section and attach it to the two navy blue sides as shown in image #4. Smooth flat inside the box with the table knife until dry.

5. Generously glue the two side flaps on the "Too many people..." section and bring it up to attach to the same two navy blue sides. Smooth flat inside the box with the table knife until dry.

6. Glue the 3 remaining blank flaps on the 3 sides to the inside of the box. Smooth flat with your fingers until dry.

8. Glue together the two sections of the introductory fold-out as shown in image #8, making sure you leave the dotted grey fold line visible for folding.

9. Fold and glue the two end sections to the second to last sections so that they end up looking like images 9 and 10.

10. Fold the introductory fold-out as you see in image #10.

