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# Hilldale Elementary Key to Character Trait of the Month—April 2018

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**Definition:** The quality of mind and spirit that enables a person to face difficulty, danger, or pain without fear; bravery.

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### Related Words

Brave      Courageous      Tenacity      Heroism

### Courage used in a sentence

Officer Ford shows courage daily to keep us safe at school.

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### Ways you can show courage?

- Do the right thing even if others are not.
- Bravely deal with your daily challenges.
- Be willing to try new things even if you might fail.
- Tell the truth regardless of the consequences.
- Face your fears and work to overcome them.
- Admit your mistakes and learn from them.
- Do not give into negative peer pressure.

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Lower Elementary Principal— Patti Bilyard  
Upper Elementary Principal— Kristen Smith  
School Counselor— Ashley A. Roberts, LPC

Secretary—Teresa Riddle  
Secretary—Erin Parker

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### Parenting Corner



#### Teaching Kids to Be Brave:

For kids and teens, one of the most important things for them to know is that courage doesn't always feel like courage. From the outside, courage often looks impressive and powerful and self-assured. Sometimes it might look reckless or thrilling. From the inside though, it can feel frightening and unpredictable. It can feel like anxiety, or fear, or rolling self-doubt. Courage can be a trickster like that – it often looks different from the outside to the way you would expect it to feel on the inside. This is because courage and fear always exist together. It can't be any other way. If there is no fear, there is no need for courage.

1. Give permission for imperfection.

Failure and rejection are often a sign that you've done something brave. Every experience gives new information and new wisdom that wouldn't have been there before. It's why only the brave ones get there in the end – they have the knowledge, wisdom and experience that can often only be found when you land badly – sometimes more than once. Give them space for imperfection – it's a growth staple.

2. You won't always feel ready. That's why it's brave.

Let them know that it's okay to hang on while they're getting comfortable – while they're working on a plan, fanning the brave spark inside them (and it's always inside them), but then there will be a time to let go. When this time comes, it won't always feel like readiness or certainty. That's what makes it brave. And a little bit magical.

3. Try something new.

Encourage them to do activities that push them to the edges of their physical or emotional selves – drama, sport, music. Anything that will help to nurture the truth to life that they are strong, powerful, that they can cope, and that they are not as fragile as they might feel sometimes will help to nurture their brave hearts.

*"Article adapted from Hey Sigmund"*

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