



november 2022

We all get scared – in fact, being afraid helps to protect us. But courage works like a superpower that we've all got inside of us – once we tap into that power, we are able to step out, step in, or speak up in order to do what we know is right. And once we've taken that first step into being brave – the next step, and the one after that – become that much easier.

COURAGE:

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

Courage NOVEMBER 2022



SAY IT:

Courage means being brave enough to do what you should, even when you're afraid.

KNOW IT:

ASK A GROWN UP:

- Describe a time in your life that you had to have courage. What were you afraid might happen? How did you overcome your fears?

ASK A KID:

- Is there anything you have to do at school that requires courage? How can you allow others to help you have the courage you need to do this scary thing?

SEE IT:

Harriet Tubman displayed great courage by doing what was right, even when she could have been very afraid. As you watch this video, think about the courage she had to have to do the right thing and fight against the huge injustice of slavery. <https://www.youtube.com/watch?v=Dv7YhVKFqbQ>

It isn't always easy to do the right thing, but if we have courage and do what we know we should do, we can make a big difference in the world.

BE IT:

Think of something you know you should really do or maybe just something you would really like to do, but you are afraid. Talk about why you are afraid and how you can have the courage to do it anyway. What task do you avoid because you lack the courage to do it? Trying out for a team, giving a speech, singing a song? This month do something that you've always been afraid to do. (Make sure you aren't selecting something unsafe... it's wise to be afraid of things that can hurt us.)

PHASE

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Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of cooperation, for example, relate to getting along with siblings? Or prepare kids for college or a career?

So don't miss it. Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.

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COURAGE // MONGOOSE // RED

Don't let its size fool you... the mighty little mongoose has more courage than creatures many times its size. These small mammals are tough enough to take on deadly cobras and have even been known to fight back against lions! As for that reputation for slaying snakes? They do occasionally get bitten, but they are immune to snake venom. A cobra bite that would kill a human does not affect them.

Mongoose look like weasels but are more closely related to cats. Some species (such as meerkats and banded mongooses) are social and live in colonies, but most are solitary. They live primarily in Africa, across much of the continent. A few types call southern Asia and the Iberian Peninsula home.

Most of the time you'll find these bold beasts on the ground, but some like life near the water, even catching fish. Others prefer a home in the trees. They range in size from the tiny 7-inch-long dwarf mongoose to the large Egyptian mongoose, at two feet long.

Their long bodies, sharp claws, and short legs are well suited to burrows. Those short legs are fast, though. A mongoose can sprint at a pace of 30 miles an hour.

Their omnivorous diet is a smorgasbord, consisting of rodents, reptiles, birds, frogs, insects, worms, and other small creatures. Sometimes they eat seeds, fruit, and nuts. If bird eggs are on the menu, mongooses will use their forepaws to dash an egg against a rock to break it open. And back to snakes, they'll eat those too. And, scorpions!

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A little bravery goes a long way for the nimble mongoose.

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COURAGE // MONGOOSE // RED

Red is the most intense and emotionally-charged color, stimulating action. You might notice it used in dining rooms to prompt conversation. In heraldry, red represents courage, and it's a popular color on many national flags. The color of fire and blood, red symbolizes power. For more than 2000 years, a red coloring called cochineal has been made from crushed insects. It was used to dye clothing and robes for powerful people in many cultures. You can still find cochineal today in the ingredients list of many consumer foods and products, sometimes under the names of carmine, Natural Red 4, or E 120.

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