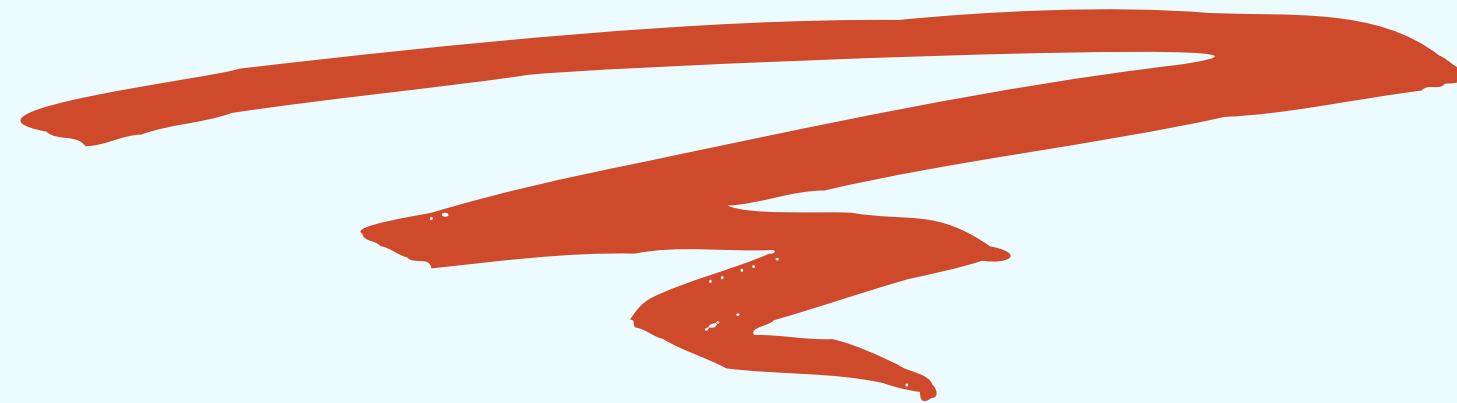




DO THE RIGHT THING

COURAGEOUS ACTS



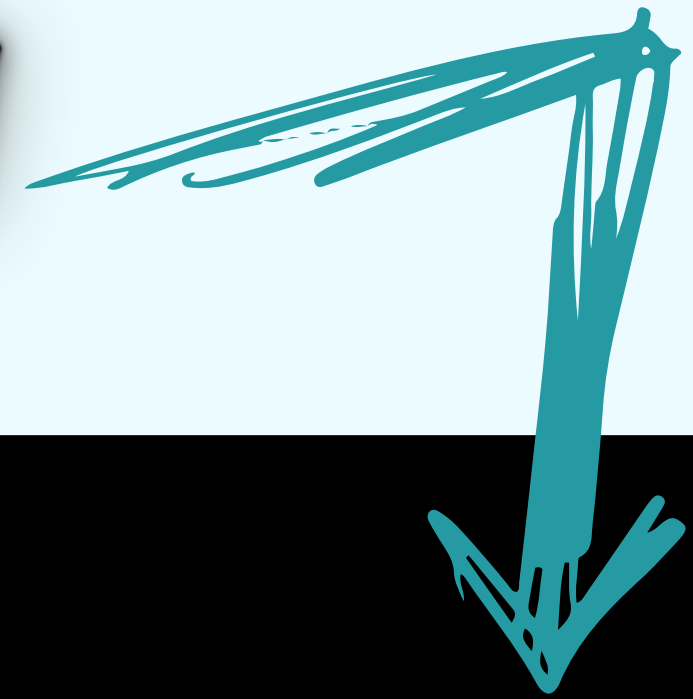
INTRODUCTION

Today, we will:

- * Create a map indicating where our loved ones are from
- * Learn about the rapper Belly
- * Think about courageous people in your life and how you can be more courageous



SEL CONNECTION



Today, we will practice **self-awareness** through family mapping and **social-awareness** through identifying examples of courage in others.





ICEBREAKER

FAMILY MAPPING



FAMILY MAPPING

Using the graphic organizer, create a map of your chosen family, loved ones, or other important figures in your life across generations.

Include background information like the countries or regions your loved ones are from. As you create your map, reflect on how individual journeys have shaped who you are.





FAMILY MAPPING

If you feel comfortable sharing your family map, turn to your partner next to you, exchange maps, and share your story.

Ask your partner: "How do you think your family's history impacts you today?"





LESSON PART ONE

ACTS OF COURAGE



LESSON: PART ONE



ACTS OF COURAGE

Watch the video from the International Rescue Committee, "Belly: Rapper, Courageous Immigrant."



ACTS OF COURAGE

CONCENTRIC CIRCLES

- 1) Form two circles—one inside, one outside.
- 2) Face a partner. You'll each respond to a question together.
- 3) After each question, the inside circle will rotate to a new partner.



LESSON: PART ONE

>>> GET MOVING!

ACTS OF COURAGE

QUESTION #1

What stood out to you about Belly's story?



ACTS OF COURAGE

QUESTION #2

What SEL skills (like courage, self-awareness, empathy) showed up in Belly's story? What's your evidence?



ACTS OF COURAGE

QUESTION #3

Think about someone you know who has shown courage:

- What makes them courageous?
- Is it a trait, something they've done, or a challenge they've faced?



ACTS OF COURAGE

QUESTION #4

Now think about yourself:

- Have you ever shown courage like that?
- What happened? What did you learn about yourself?



ACTS OF COURAGE

Write on a post-it one example of courage — either from someone you know or from your own life.

Stick your post-it on the board or wall.





ACTS OF COURAGE

Take a look at all the post-its as a class.

What types of courage do you see?

- * Speaking out
- * Helping others
- * Overcoming fear
- * Staying true to yourself





ACTS OF COURAGE

Let's reflect together:

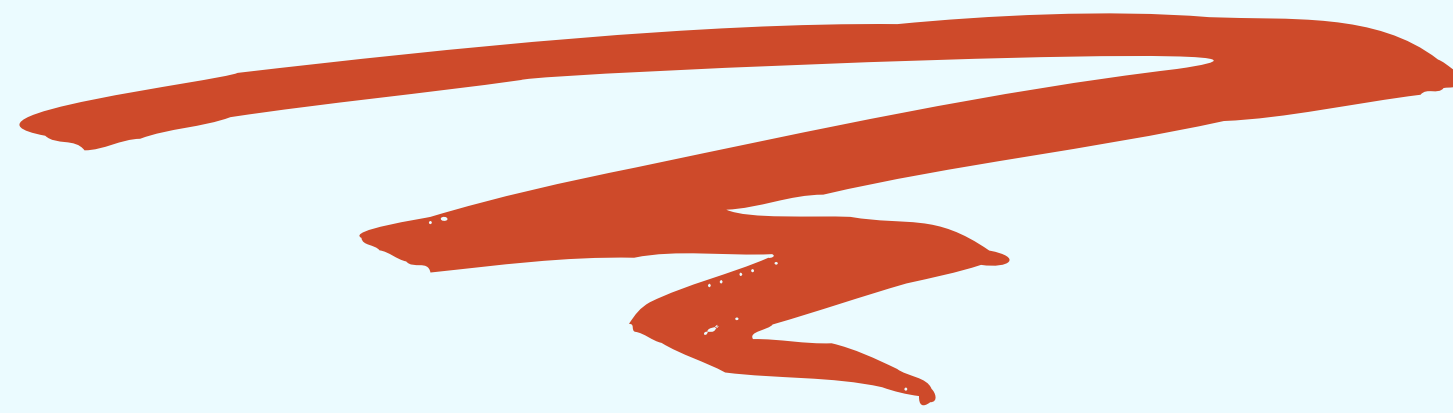
- Why do you think courage is important?
- How do you use courage in your life?
- Is there a way you want to be more courageous this year?





LESSON PART TWO

BE COURAGEOUS



LESSON: PART TWO



TIPS

BE COURAGEOUS

TIP: START SMALL, BUT START

Courage doesn't have to be big or loud. It can be:

- Raising your hand
- Standing up for a friend
- Being honest about how you feel



LESSON: PART TWO



TIPS

BE COURAGEOUS

TIP: FEEL THE FEAR—AND DO IT ANYWAY.

It's okay to be scared. Courage means acting *even when* you're afraid.



LESSON: PART TWO

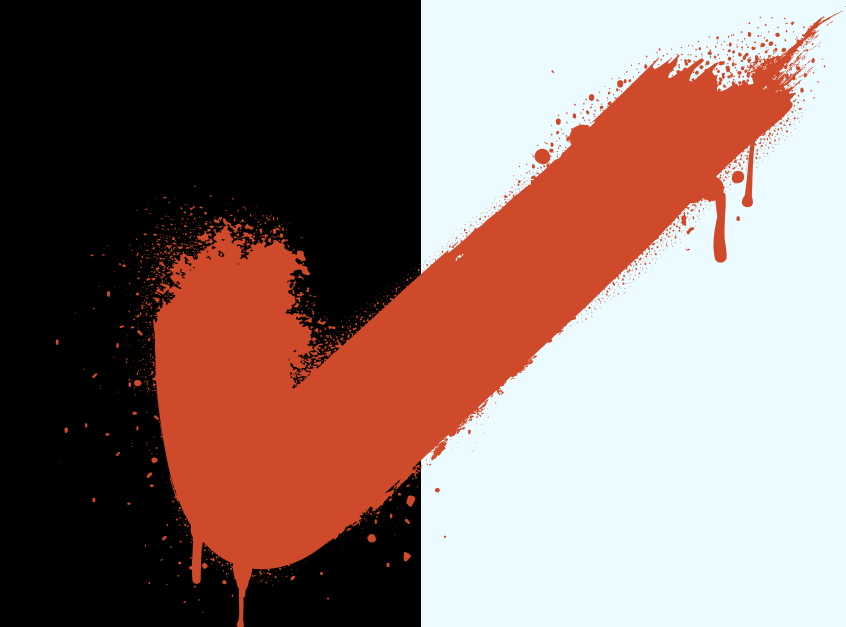


TIPS

BE COURAGEOUS

TIP: SURROUND YOURSELF WITH SUPPORT.

Being around kind, brave people helps *you* be brave too.
Courage grows in community.




LESSON: PART TWO




BE COURAGEOUS

Pick a quote that speaks to you. Write it down and carry it with you as a reminder to stay courageous.

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept."
— Angela Davis 

"Our greatest glory is not in never falling, but in rising every time we fall."
— Confucius 

"If you're always trying to be normal, you will never know how amazing you can be."
— Maya Angelou 

"You don't have to be rich and powerful to make a difference. What holds this world back is ignorance in the system. Small actions of kindness—they help us improve."
— MC Abdul 