



# Courage

*A Workshop for children of ages 8-10  
18th April, Facilitated by Aditi and Yogita*



- What is courage?
- When and why does one feel afraid?
- What stops one from being courageous?
- How to develop an attitude of true courage?

These were the questions taken up through interactive, creative and experiential activities of drawing a road map, filling up a worksheet, learning a shloka, listening to stories, guided meditations and inner journeys into the land of courage.



## A WORKSHEET ON COURAGE

Draw or write.....

Think of something or a situation that you are most afraid of.



In the Play Ground I feel afraid:

- That I might get hurt.
- That I might lose the game.
- The others will laugh at me.
- I might not play as well as the others.
- Or...

In the Classroom I am afraid:

- That I may give wrong answers.
- That my friends will make fun of me.
- That the teacher might scold me.
- Or...



I am afraid of :



- The dark
- Animals:(Specify)
- My parents
- Teachers
- Brothers/Sisters or Cousins
- Swimming
- Fights
- Or...

I am not able to do my work properly because:

- I am lazy.
- I give up very easily.
- I don't put in all my effort.
- I blame others.
- Or...



Why do I feel afraid of all these things:

- Because I don't know what will happen to me.
- Because I don't want to hurt my feelings.
- Because I feel I will be left alone.
- Because I feel nobody will love me.
- Or...



When I will feel afraid:

- I will call peace and courage.
- I will recite a Shloka.
- I will think of something that is strong in me.
- I will ask myself not to panic.
- I will not think of failure.
- I will tell myself not to get scared.
- Or...