



Students research specific people who have succeeded despite adversity.



Internet access for groups of 3-5 students; “STORIES OF COURAGE” HANDOUT for each group; Pencils or pens

Total Prep Time: 5 mins.



As this is the third Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org. Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme. This activity may take long than 15 minutes depending on how long you provide students to research their courageous person. *Some of the courageous people listed in the activity have endured intense life experiences. Please keep in mind your students who may be sensitive to these issues.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management		High quality service
•	Collaboration	•	Social-awareness		Collaboration
•	Creativity	•	Relationship skills	•	Student voice
		•	Responsible decision-making		Civic responsibility
					Reflection
					Evaluation

GOALS FOR THE WEEK

- Discover how we can individually and collectively rise from our difficulties and forge paths of courage
- Identify and practice encouraging others in their struggles, while allowing room for their individual journeys
- Learn from the examples of people in history who have overcome challenges and changed the world
- Understand how “GET BACK UP” is an important part of this month’s theme, “MONDAY GETS EMPOWERED”



STUDENT ACTIVITY: **“STORIES OF COURAGE”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “STORIES OF COURAGE”

2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’S FOCUS:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What does “COURAGE” mean to you?**
 - Possible answers: Being brave, doing things even though they are hard, facing a difficulty head-on, etc.
- **What does it mean to you to “GET BACK UP”?**
- **Do you think it takes “COURAGE” to “GET BACK UP” sometimes?**
 - Why do you think that is?
 - How does it make you feel to know you have that “COURAGE” within yourself?
 - How can you summon the “COURAGE” to “GET BACK UP” and try again?
- **Do you think there are challenges that are common to everyone worldwide?**
 - Like what?
- **What person do you know that has overcome adversity or difficulty, whether famous or from your own life?**
- **How does hearing someone’s “STORY OF COURAGE” motivate and inspire you to “GET BACK UP”?**
- **What is the most incredible “STORY OF COURAGE” you’ve heard?**
- **Do you believe you personally have “STORIES OF COURAGE” from your own life?**
 - What is one of those “STORIES”?
 - In what ways do you display “COURAGE” every time you “GET BACK UP”?
- **How can people’s efforts to overcome something change the world?**
 - How does their light “EMPOWER” people to make similar changes?
- **How might learning about other people’s “STORIES OF COURAGE” give you “COURAGE” to face your own challenges?**
- **How can reflecting on our own breakthroughs, and on the breakthroughs of others, remind us that WE MATTER?**

3) SET UP THE “STORIES OF COURAGE” ACTIVITY:

- **Explain:**
 - Every person’s life is a unique “STORY”. There are joyful chapters as well as challenging chapters that require us to “GET BACK UP”
 - The falling or failing isn’t as important as the fact that we learn from our mistakes or disappointments and do our best to “GET BACK UP” and try again
 - The comforting thing is that we are in great company. We are not the first to experience challenges
 - People throughout history have told “STORIES OF COURAGE” through their actions and endeavors
 - These “STORIES” are endless. Each of us has something to overcome in which we display “COURAGE”
 - Sometimes the challenges we or others face don’t end, but often the “COURAGE” to keep going itself is the victorious chapter
- **Ask:**
 - **What are some steps we can take to find out accurate and helpful information about our courageous people?**

4) START THE “STORIES OF COURAGE” ACTIVITY:

- **Explain:**
 - Today, in small groups, we’ll learn about just a few of these incredible people and their individual “STORIES OF COURAGE”

- We'll do this by identifying specific challenges they faced, what they did to overcome the challenge, and how they impacted people's lives for the better
- We'll also look for quotes by these individuals that inspire and motivate us as we try to "GET BACK UP"
- **Break students into groups of 3-5 students depending on group size**
- **Give each group a "STORIES OF COURAGE" HANDOUT, pens or pencils, and a workspace with internet access**
- **Instruct students that they will be researching answers to each statement on the paper about their individual person, who is listed at the top under "STORIES OF COURAGE"**
- You may also want to give students the option to research a courageous person not listed. Students just need to have enough information about that person to complete the handout.
- **Remind students of instructions and make sure the instructions are clearly understood**
- **Allow students to work together for 7-8 minutes to find answers to each of the statements on the handout**
- **When students are finished, gather them as a group and allow 3-4 minutes for a group share about what they learned**
- **Hand out the MY "STORY OF COURAGE" HANDOUT with the instructions that students are to take it home and bring it back next week, as it will be used in a future activity (If using this step as an extension activity, students will work on the handout on site instead of taking it home)**

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Did anything about this activity surprise you?**
- **What kinds of things most impressed you during our group share?**
- **Based on what we shared, what are some challenges we as humanity have in common with these individuals?**
- **What are some common traits you noticed about our courageous people?**
- **Can you see similarities in your own life to some of the struggles or adversity they faced?**
- **How did each of these people show determination in the face of adversity or failure?**
- **Do you think we have to be well-known to be successful at "GETTING BACK UP"?**
 - Why or why not?
 - How can quiet strength lift others?
- **What differences do you see between yourself and their struggles?**
- **How can we learn from the struggles of others even if they aren't exactly like our own?**
- **In what ways do their "COURAGEOUS" efforts impact you?**
- **What adjectives would you use to describe the person you researched?**
- **How has this activity helped you to see the strength in a human soul and that WE collectively MATTER?**
- **How might we be able to share what we learned with others in our school or community to help people understand that we are all "COURAGEOUS"?**
- **In what ways did you feel "EMPOWERED" today?**
- **Do you feel like you have more "COURAGE" in your own "STORY" as a result of this activity?**
 - Why or why not?
 - What will you do to take that "COURAGE" forth into your everyday life?
 - What can you do to "EMPOWER" someone's "COURAGE" that shows them WE MATTER?

6) THANK STUDENTS FOR LEARNING MORE ABOUT PEOPLE WHO HAVE LIVED "STORIES OF COURAGE". REMIND THEM THAT BEHIND EVERY SINGLE PERSON IS A "STORY OF COURAGE" THAT CAN BE SHARED AND APPRECIATED. ENCOURAGE THEM TO LISTEN TO OTHERS' "STORIES OF COURAGE" AND VALUE THE STRENGTH IT TOOK FOR THEM TO "GET BACK UP".

- 7) **CHALLENGE STUDENTS TO LOOK WITHIN THEMSELVES TO DISCOVER THEIR OWN STRENGTH AND “COURAGE” AND TO BE WILLING TO CHANGE THEIR COMMUNITY AND WORLD WITH THAT “STORY”. REMIND THEM THAT WHEN THEY SHARE THEIR EFFORTS TO OVERCOME, IT “EMPOWERS” THOSE AROUND THEM.**
- 8) **CONTINUE EXPLORING HOW TO HELP OTHERS “GET BACK UP” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.**



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Shout-Out our Courage:** In conjunction with this week’s You Matter activity, let students prepare a school event such as a “GET BACK UP” event or assembly to share some of the incredible “STORIES” they discovered today. Invite individuals from the community who can come share their “STORIES OF COURAGE”. Consider military personnel, individuals who have overcome addiction or been the first to graduate from high school or college in their family, athletes who have overcome hurdles, etc.
- 2) **Celebrate our Courage:** Have students work on the MY “STORY OF COURAGE” HANDOUT so it can be used during next week’s “Celebrate Ourselves” activity.
- 3) **Share our Courage:** Make enough copies of the MY “STORY OF COURAGE” HANDOUT so they can be handed out to teachers and staff on campus to fill out. If desired, create a book or poster with highlights. Pages may be returned anonymously in order to respect any sensitive information.
- 4) **Empower our Courage:** Allow students to make posters, greeting cards or, weather permitting, sidewalk art, using the quotes they found about the people they researched.
- 5) **Share their Courage:** Let students find an additional person who has chosen to “GET BACK UP” after difficulty and add it to the pages already created. These can be people who are less well-known, who they know personally, or someone not otherwise mentioned in this activity.

**“HAPPINESS CAN BE FOUND,
EVEN IN THE DARKEST OF TIMES,
IF ONE ONLY REMEMBERS TURN
ON THE LIGHT.”**

- J.K. ROWLING



**STORIES OF COURAGE:
MALALA YOUSAFSAI**

Challenges she faced:

What she did to overcome those challenges:

How her actions/efforts to get back up helped those around her:

Inspiring things she said (Quotes):



STORIES OF COURAGE:

OPRAH WINFREY

Challenges she faced:

--

What she did to overcome those challenges:

--

How her actions/efforts to get back up helped those around her:

--

Inspiring things she said (Quotes):

--



**STORIES OF COURAGE:
BETHANY HAMILTON**

Challenges she faced:

What she did to overcome those challenges:

How her actions/efforts to get back up helped those around her:

Inspiring things she said (Quotes):



STORIES OF COURAGE:

GRETA THUNBERG

Challenges she faced:

--

What she did to overcome those challenges:

--

How her actions/efforts to get back up helped those around her:

--

Inspiring things she said (Quotes):

--



STORIES OF COURAGE:

RUTH GINSBURG

Challenges she faced:

--

What she did to overcome those challenges:

--

How her actions/efforts to get back up helped those around her:

--

Inspiring things she said (Quotes):

--



STORIES OF COURAGE:

MICHAEL JORDAN

Challenges he faced:

What he did to overcome those challenges:

How his actions/efforts to get back up helped those around him:

Inspiring things he said (Quotes):



STORIES OF COURAGE:

CESAR CHAVEZ

Challenges he faced:

--

What he did to overcome those challenges:

--

How his actions/efforts to get back up helped those around him:

--

Inspiring things he said (Quotes):

--



**STORIES OF COURAGE:
STEPHEN HAWKING**

Challenges he faced:

What he did to overcome those challenges:

How his actions/efforts to get back up helped those around him:

Inspiring things he said (Quotes):



STORIES OF COURAGE:

JIM ABBOTT
(former Major League Baseball player)

Challenges he faced:

What he did to overcome those challenges:

How his actions/efforts to get back up helped those around him:

Inspiring things he said (Quotes):



STORIES OF COURAGE:

SAM BERNIS (diagnosed with Progeria)

Challenges he faced:

--

What he did to overcome those challenges:

--

How his actions/efforts to get back up helped those around him:

--

Inspiring things he said (Quotes):

--



STORIES OF COURAGE:

Name of Courageous Person:

Challenges she/he faced:

What she/he did to overcome those challenges:

How her/his actions/efforts to get back up helped those around him:

Inspiring things she/he said (Quotes):



STORIES OF COURAGE:

(Your name here)

Challenges I've faced:

What I've done to overcome those challenges:

How my actions/efforts to get back up can help those around me:

Encouraging words for others: