

TITLE	Courage Lesson		
CREATOR	Sheila Bonilla		
RELATED TOPICS (TAGS)	Engagement, Mindfulness, Relationships, Curriculum	CATEGORY	Resource ▾

Learning Goals	To teach “courage” as an explicit skill.
Resource Link	Click here to access the resource.

Narrative Context and Explanation

This lesson plan was developed by Sheila Bonilla, who works as a School Adjustment Counselor in an elementary school that serves students in grades PreK-6. This lesson plan is designed to teach social skills explicitly, and focuses on developing and understanding courage. The plan includes differentiated videos, texts, and activities for different grade levels, and is ready to be implemented in a low-lift yet effective way.