



Toolbox Tuesday: Courage 9.16.2025 Megan Lofland, LPC Episcopal Lower School Counselor

This week, as we discuss courage, I want to acknowledge the bravery that each of you demonstrates every day. Sometimes your courage is visible to others, and at other times, it may only be known to you. Today, our tool is a well-known book: *The Little Engine That Could*. You may remember when first asked to help, it felt worried and needed to summon its courage. One of the memorable lines from the book is, "I think I can, I think I can, I think I can." This positive mindset helped the little engine accomplish its task.

Each of you shows courage when you:

- Use your voice to speak up for yourself
- Use your voice to advocate for a friend
- Apologize or accept an apology
- Try something new
- Keep trying, again and again

So, whenever you need a reminder of courage, think of *The Little Engine That Could* and remember those words: "I think I can, I think I can, I think I can."

