



**High School**

## Home Connection

### Showing Courage

Dear \_\_\_\_\_,

I'm excited to share that your student has been learning about the concept of courage in class. We explored the definition of courage as the ability to do something difficult or dangerous. We discussed the emotions that often accompany courageous actions, such as fear, passion, perseverance, and a sense of righteousness. Students learned that courage isn't just about fearlessness and taking action despite fear and other strong emotions.

We discussed quotes from notable figures like Steve Jobs and Mark Twain to illustrate different aspects of courage and examined how setting goals, assessing risks, and having backup plans can help us act courageously. The lesson emphasized that courage is a skill that can be learned and developed over time.

Please discuss this question with your student: Can you think of a time when you felt afraid but did something anyway? What emotions did you experience, and what helped you to take action? This will help reinforce their learning and encourage them to think about how they can develop their own courage.

Please do not hesitate to reach out with any questions or concerns.

Best,

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