

# BIBLIOTHERAPY LESSON PLAN

Created by: Katie Smith

**SOCIAL SKILL: BEING RESILIENT**  
**CASEL COMPETENCY: SELF-AWARENESS**

## BOOK INFORMATION

Book Title: Courage

Author: Bernard Waber

Publisher: Houghton Mifflin Company

Year: 2002

ISBN Number: 0-618-23855-7

Number of Pages: 32 pages

Reading Level: K-3<sup>rd</sup> grade

## BOOK SYNOPSIS

This book goes through the different scenarios in which we can show courage. From learning how to ride a bike to being a firefighter, this book explains what it means to be resilient and do difficult things.

## LESSON OBJECTIVE

Help students recognize how they can show courage every day.

## LESSON MATERIALS AND ADVANCE PREPARATION

Review the options for the activities (at the end of the lesson plan). Decide which option is best for your students.

### **Courage Wall of Fame**

Materials: Paper, crayons

Preparation: None needed.

### **Courage All Around Us**

Materials: Paper, scissors, tape, newspapers

Preparation: None needed.

### **Courage Letters**

Materials: Paper, pencils

Preparation: None needed.

## KEY VOCABULARY AND CONCEPTS

**Courage** - the ability to do something that frightens one

**Superciliousness** - behaving or looking as though one thinks one is superior to others

**Deliberately** - consciously and intentionally

**Sudsed** - lather, cover, or wash in soapy water

**Admire** - lather, cover, or wash in soapy water

**Jealous** - feeling or showing envy of someone or their achievements and advantages

**Scenic** - providing or relating to views of impressive or beautiful natural scenery

## PRE-READING ACTIVITY

Show the cover of the book and ask students what courage means to them. Explain that there are different ways we can show courage every day. Many people are not born with courage but they learn how to be courageous. This book goes through different scenarios in which we can be more courageous in our own lives. Encourage students to think of a way they can be braver in their own life as you read the book.

## POST READING DISCUSSION

Ask the following questions:

- What are some examples of courage from the book?
- How can we be braver at school?
- How can we be braver at home and in our community?
- Who are some examples of people who have shown courage in your life?
- Why is courage an important quality?

## POST READING ACTIVITY: CHOOSE ONE OF THE ACTIVITIES

### **Courage Wall of Fame (grades K-2)**

Explain to students that there are courageous people throughout history and all around us. Encourage students to think of an individual who they think is a great example of showing courage. Have them draw a portrait of that individual. After students complete their portrait, have them write the name of the individual below the picture and encourage students to share with one another who they drew and why they drew them. Then create a Courage Wall of Fame in your classroom and display the portraits as a way to remind students of these examples of courageous individuals.

### **Courage All Around Us (grades 3-6)**

Explain to students that there are courageous people throughout history and all around us. Divide the students up into groups of 4-5 and give each group newspapers. Have students go through the newspapers and look for pictures and stories of people showing courage. Have them cut out the pictures and stories and create a collage. After the students finish, have each group share at least one of the stories they found to the class and how it is an example of courage.

### **Courage Letters (all grades)**

Explain that some of the most courageous people in our community are the firefighters and police officers who work every day to keep us safe. These individuals put themselves in dangerous situations so we can live in a safer community. As a way to show these individuals our appreciation for their courage, explain that we will be writing letters thanking them for their bravery. Give each student a piece of paper and pencil so they can write the letters. Encourage students to continually think of ways others show courage for them and remind them to show their appreciation to those individuals as well. At the end of the activity, collect the letters and deliver them to the police station or firehouse.

## **CLOSURE**

Hang the poster (provided) in the room.

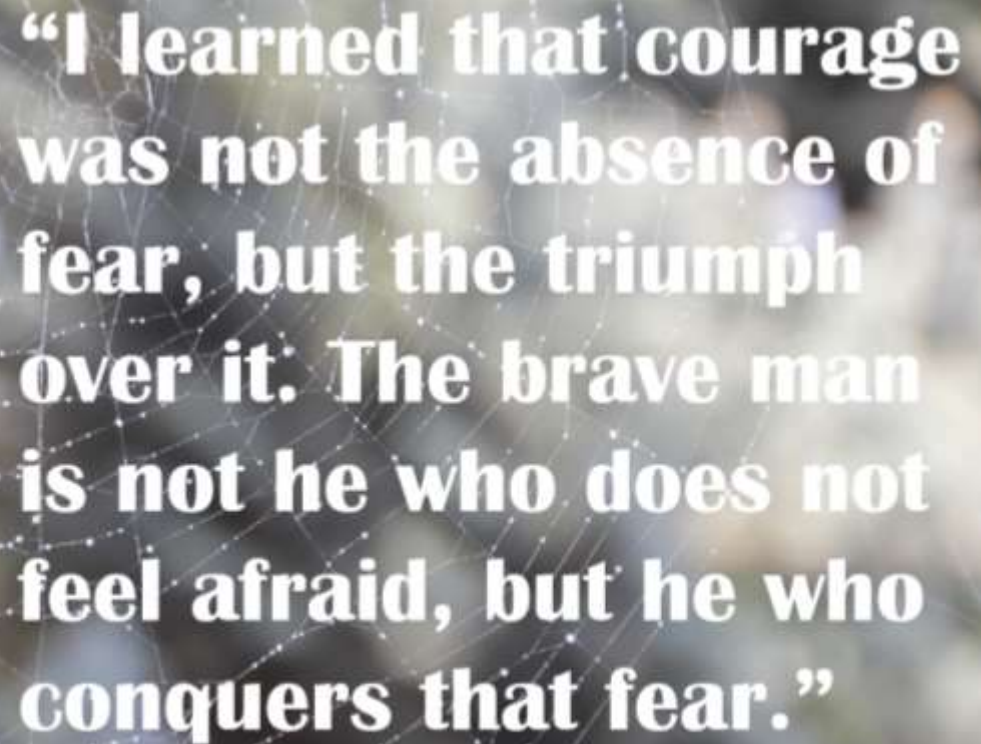
“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”  
— Winston Churchill

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”  
— Nelson Mandela



**“Courage is what it takes to stand  
up and speak; courage is also what  
it takes to sit down and listen.”**

**Winston Churchill**

A quote by Nelson Mandela about courage and fear, overlaid on a background of a spider web. The text is in a bold, white, sans-serif font. The background is a close-up of a spider web with a blurred natural setting in the background.

**“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”**

**Nelson Mandela**