

Courage for the Family

Overcoming fear by saying and doing what is right

To practice **Courage**, I will:

- know the truth
- get help when I am afraid
- support others when they are right
- be willing to stand alone
- help those who are bullied or abused



Family Activity:

Life Doesn't Frighten Me

The Poem, *Life Doesn't Frighten Me* by Maya Angelou will be the basis for this family activity. You can either get the library book of the same name that has an illustrated version of the poem or find a copy of just the text online. You may choose to read the book/poem to the family or have the family each read a section. Before you discuss the poem, describe who Maya Angelo was and the courage she had facing her rough childhood and growing up to become an American poet, author, playwright, actress, director, producer, dancer, journalist, and civil rights activist.

Process the poem with these or similar questions:

Did you like the poem?

Did knowing something about the author change how you viewed the poem?

What do you think frightened her?

Do you have similar fears?

Use the poem as a basis for each person to either, write their own similar poem, or modify portions of hers to reflect their thoughts. They could also choose to draw pictures of what the words bring to mind in their own life.

When they are done, each person will share their work with the family. You may choose to give them several days or a week to complete the task. Make sure they know they will be sharing what they create. You may need to work with younger children on their version. After each person shares, the rest of the family can comment on the work. When all have shared ask if naming fears helps to weaken the fears?

