

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

Car Conversations

In the car, classroom or dinner table, try some of these ideas to build this trait in yourself, your family, or your class.



- **Help A Child Through Their Fears** - Pay attention to signs that a child is afraid/nervous about a situation. Offer emotional support and information that can help them work through their fear.
- **Help A Child Prepare for New Activities** - New adventures can cause worry for a child. In advance, talk about what will happen. This can help the child approach the situation with knowledge and courage.
- **Let A Child Borrow Your Confidence** - If we look relaxed, it's easier for a child to do the same. When kids are scared, our instinct might be to help them escape or to



Courageousness

Courageousness involves making good choices in the face of fear or obstacles. It is a synonym for bravery. However, bravery does not mean fearlessness. It means we do not allow fear to hold us back from exploring new opportunities, from developing our skills, or from doing what is right.

Courage refers to the process of identifying a risk, considering potential alternative actions that could be taken, and deciding to act in a manner that incurs risk, with the goal of obtaining a greater good for the self or others.

It is important that we encourage students to stand up for what is right and have the courage to act with strong values when needed and in the face of fearful experiences. Ensuring that students are aware of the the value and the power of their courage is important for developing their character.

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.” Deuteronomy 31:6

An article by Cathy J. Lassiter titled, [“The 4 Types of Everyday Courage”](#) explains the four types of courage that exist in our everyday lives. The four categories include moral courage, disciplined courage, intellectual courage, and empathetic courage. These categories of courage are not about heroism, but rather about having the necessary



avoid scary situations entirely. But that tells them, "This is too hard for you to handle!" Instead, provide encouragement. Tell the child, "It's hard, but I know you can do it." Show your faith in the child's ability to cope.

- **Fight Fears Through Art** - Help a child tackle their fears and build courage by creating visual reminders of what they can do when they are scared.
 - **Give A Child Relatable Examples** - Act out or think about different scenarios where one's courage is being tested.
 - **Help A Child through History** - Discuss historical figures who have demonstrated courageousness.
- Images courtesy of [Pexels.com](https://www.pexels.com)

skills and determination to make tough calls, confront others and fight for equity and inclusion.

Moral courage is the courage to stand up for what is right when a person or group of people are being treated unfairly. Moral courage is the outward expression of our personal values and beliefs.

Disciplined courage is the ability to remain focused and unwavering in light of setbacks or failures. With disciplined courage, you stay true to your vision and the impact you want to make on the world, community, or self.

Intellectual courage is the ability to recognize our individual limits in thinking and be open to new ideas and understandings based on new experiences and learning.

Empathetic courage is the courage to put aside our own assumptions and stereotypes and listen to another's perspective. This opens us up to feel deeply for others and to learn from their experiences.

(Note: Immediate safety needs must be addressed such as by calling or texting 988 to reach a crisis line.)

References:

Lassiter, C. (2017, January 24). "The 4 Types of Everyday Courage." Retrieved from <https://corwin-connect.com/2017/01/4-types-everyday-courage/>.

April 15, 2023
 Race start at 8:30 a.m.
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