

COUNSELING CORNER

Monthly school newsletter from Lutheran Counseling Services

Word of the Month: Courage

Mental Health Awareness Month!

Subscribe to the [LCS YouTube](#) or [Facebook](#) pages to see videos throughout the month in support of mental health.

**Monday Motivation,
Wednesday Coping Skills &
Friday Family Movie Night.**

Subscribe to see!



Purchasing through our links supports expansion of our school counseling program. Thank you!

Younger children will enjoy Tomorrow I'll be Brave by [Jessica Hische](#) to talk about pushing through difficult things one at a time.

Simply entitled Courage, by [Bernard Waber](#), explores big and small ways kids can have courage.

May is Mental Health Awareness Month! This makes it the perfect month to look at **Courage**: Being brave when meeting new experiences, difficult situations and/or dangerous encounters. (kindsandvalues.com)

Even the youngest children can begin to understand what it means to be brave. As we have all made many adjustments in our lifestyle over the past few weeks, we may have needed more courage than we expected. This will be especially true as we start to return to "normal" routines. Building up our courage and bravery now can help to smooth out the "re-entry" process as communities and our lives open back up again.

Dr. Tali Shenfield shares 8 tips for building courage in your little (and medium and big) kids.

1. Explain that being brave doesn't always come with feelings of courage or bravery. Kids need to know that feelings of fear can go along with acting brave.
2. Acknowledge & praise examples of bravery in your children, when you notice they are pushing through fear in new or difficult situations.



Brené Brown, researcher on courage, is author of 5 #1 New York Times bestsellers, including Daring Greatly, Dare to Lead and The Gifts of Imperfect Parenting.



Car Conversations

In the car or at the dinner table, try some of these ideas to promote courage in your family.

- ◆ While watching a movie, reading a book or Bible passage, talk about big & small ways the characters showed courage. Which characters do you relate to most or least? How?
- ◆ Fear of failure often blocks courage. Play a family game to build comfort with mistakes: Share a failure, get applause & family members guess if it was real or made-up. Game Rules.
- ◆ Help kids try new things & balance risk & safety by making dinner for the family. Guide them on safely using kitchen tools & talk about how to balance risk & safety when being brave. Then enjoy something new for dinner!



3. Make space for “mess ups” or pauses before bravery.
4. Encourage new experiences and different thoughts as a family.
5. Share your own examples of courage & bravery.
6. Allow children to make their own decisions & guide them on decision making, such as following safety & other rules.
7. Promote positive self-talk to help encourage bravery.
8. Help children learn that building bravery is a process and can be built upon.

With a family focus on building courage by consciously directing our lives in a way that is true to ourselves, we can help our kids (and ourselves) to tackle the challenges we all face with greater ease. (Read the entire article here.)

No conversation about courage would be complete without expert researcher, professor and storyteller Brené Brown, of TED talk fame. (Note TV-14 rating with some language.) Entitled The Call to Courage, in her talk she shares that courage requires vulnerability (uncertainty, risk & emotional exposure), and that vulnerability is the tool we use to measure courage. A main precept of her work is that parents cannot pass on to children what they do not possess themselves. Grab on to one of her many best selling books (including The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion and Connection) to boost this trait in yourself and to then pass it on through your parenting.



Want to learn more? See how to build courage at various ages, preschool through elementary here.

Lutheran Counseling Services, Inc.,
a nonprofit organization has a
mental health crisis.
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