Lifeline Lesson and Challenge
COURAGE
Middle School

GREETING:
• Greet your teacher and give the teacher your evaluation sheet.
• Greet your students and have the students echo the Life Goals pledge.
• Let the class know you need them in Community Circle to start the lesson.

SAY IT: Discuss the Lifeline of Courage
• Ask the students to define the Lifeline of Courage (Courage means to be brave and do the right thing when needed).
• Explain that throughout history people have used courage to improve society.
• Talk about a courageous person in history.
• Share your Personal Story and explain how you did something that took courage.

PLAY IT: Acts of Courage
In a class discussion ask the following questions. Take 3-4 answers per question.
1. Who do you know in history that demonstrated the Lifeline of courage?
   Brainstorm a list of people. Make sure the students support their suggestions. Write down responses on chart paper or chalkboard.
2. What are some things that you do in middle school that takes courage?
   Suggestions: Make new friends; present in front of your class; say you are sorry; stand up for someone; volunteer in your school or class to do something.
3. Why is courage important?
   Suggestions: It is a Lifeline that helps us to treat people right and do the right thing, even if we don’t feel like it. It helps us to grow as leaders and gives us strength to help our family, school and the community.
4. What does it take to be courageous or brave?
   Suggestions: Encourage each other; know your lifelines; think before you act; think about the results.

THE CHALLENGE: Taking the ACT of COURAGE
Let the students know it takes will power and bravery to act with courage. Each student in the school will be creating a TAKE ACTION: ACT WITH COURAGE card. On the card they will write a way they will step up, be brave, do the right thing and act with courage.

RELAY IT/WEIGH IT:
• Let the students know you will be checking on them to see how they are acting with courage. Encourage them to share their goals of how they will act with courage. Tell the class you will be coming back on __________________ to see how many of them completed the challenge cards. Let the teacher know that they will need to give you the percentage of students that completed the challenge.

CLOSING: Thank the teacher and the students for having you.
Challenge Procedures

1. Make sure all students know that they will be writing a goal on their card.


3. On the card they will write something they will do that is stepping up and acting with courage and bravery to do the right thing.

4. These can be posted or shared in a class community circle throughout the week.
Take Action: Act With Courage Card
I will use courage and bravery to do the right thing.
Ambassador Evaluation

Ambassador’s Name ________________________________

Lifeline ____________________ Date __________________

What are two things your students learned from your Ambassador today?

What made your Ambassador’s lesson shine today?

What could have made your Ambassador’s lesson better today?

Other comments:

Continue on back...
# STARS TIPS EVALUATION

## Smile and a Handshake

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## Teach The Lifelines

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## Speak Up

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Comments: