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| <p><i>Be strong, be brave, be fearless. You are never alone</i></p> <p>Joshua 1:9</p> |  | <p>How to have courage:</p> <ul style="list-style-type: none"> ✓ Accept uncertainty – intolerance of uncertainty creates anxiety. ✓ Make specific plans – it's easy to feel afraid when you don't know what you need to do. Break down challenges into smaller tasks. ✓ Choose to help others – this can make you feel stronger when facing your own difficulties ✓ Don't think too much – just act! |
| <p>COURAGE is the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery.</p> | <p>St Anne's CEVA Primary School</p> <p>Values for Life TERM 6 - 2017</p> <p>COURAGE</p> |  <p>“Learn to Love...Love to Learn”</p> <p>We encourage our children to take risks and be brave in their learning. It is only through making mistakes that we continue to learn. Remember... “Success is not final, failure is not fatal: it is the courage to continue that counts.”</p> |
| <p>Courage, dear heart</p> <p>C. S. Lewis</p> |  | <p>For reflection...</p> <ul style="list-style-type: none"> • How do we encourage others to share their fears and worries? • How do we help members of our school community who are facing difficult times? • How do we deal with incidents of bullying? • What strategies do we have in place to encourage children to share friendship? |