



What is courage? Courage is the mental strength to do something despite the danger and/or difficulty. Can you think of your favorite superhero from a TV show or movie that displays courage? List the things your superhero does that is a display of courage. Then, dance & act out being a courageous hero with superpowers to fun and upbeat music. You can also come up with different superhero dance moves.

# COURAGE

Examples of courage from superheroes

- i. Standing up to a bully/villain
- ii. Helping others
- iii. Not afraid to stand up for what's right
- iv. Trying new things
- v. Tell the truth and/or unafraid to admit when their wrong
- vi. Brave and fearless

Examples of Superhero Dance Moves

- i. strong puffed out chest,
- ii. flexed arms (biceps, triceps, back, shoulders),
- iii. confident look,
- iv. leaping around the room as if soaring in the sky,
- v. strong, protective stance/pose,
- vi. karate moves (strong punch, kick, arm block, etc.).

