

CHOOSE TO BE NICE AT HOME

KINDERGARTEN ACTIVITY BOOK

COURAGE



THIS ACTIVITY BOOK BELONGS TO:

A large, empty rectangular box with a dotted border, intended for a child to write their name.



Dear Parent/Guardian,

We're learning about **courage** this month as part of our school's "Choose To Be Nice" program. Essential to adopting any new behaviors is to make sure the learning reaches home.

Inside this packet you will find:

- An **activity** to help reinforce courage at home.
- The **courage chant** that we say together at school.
- A **discussion question** to prompt a conversation about courage.
- A **coloring page** featuring Cameron the Courageous Mouse.
- A **poster** of Cameron the Courageous Mouse to hang up at home.

Please do the activity together, sing the chant often, have a discussion about courage, and use this activity book as an opportunity to engage with your child about ways that you can show courage at home.

Thank you for being a Choose To Be Nice Family! Please feel free to reach out to me at any time with questions, feedback or concerns.

Sincerely,

COURAGE

be brave and dare to be nice
even when it's hard.



ACTIVITY:

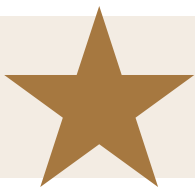
Have your child create a painting or drawing of themselves doing something courageous. Hang it up at home to remind your child that they can do anything if they are courageous and brave!

COURAGE CHANT:

Have courage, be brave and be kind.
Cameron does it all of the time!

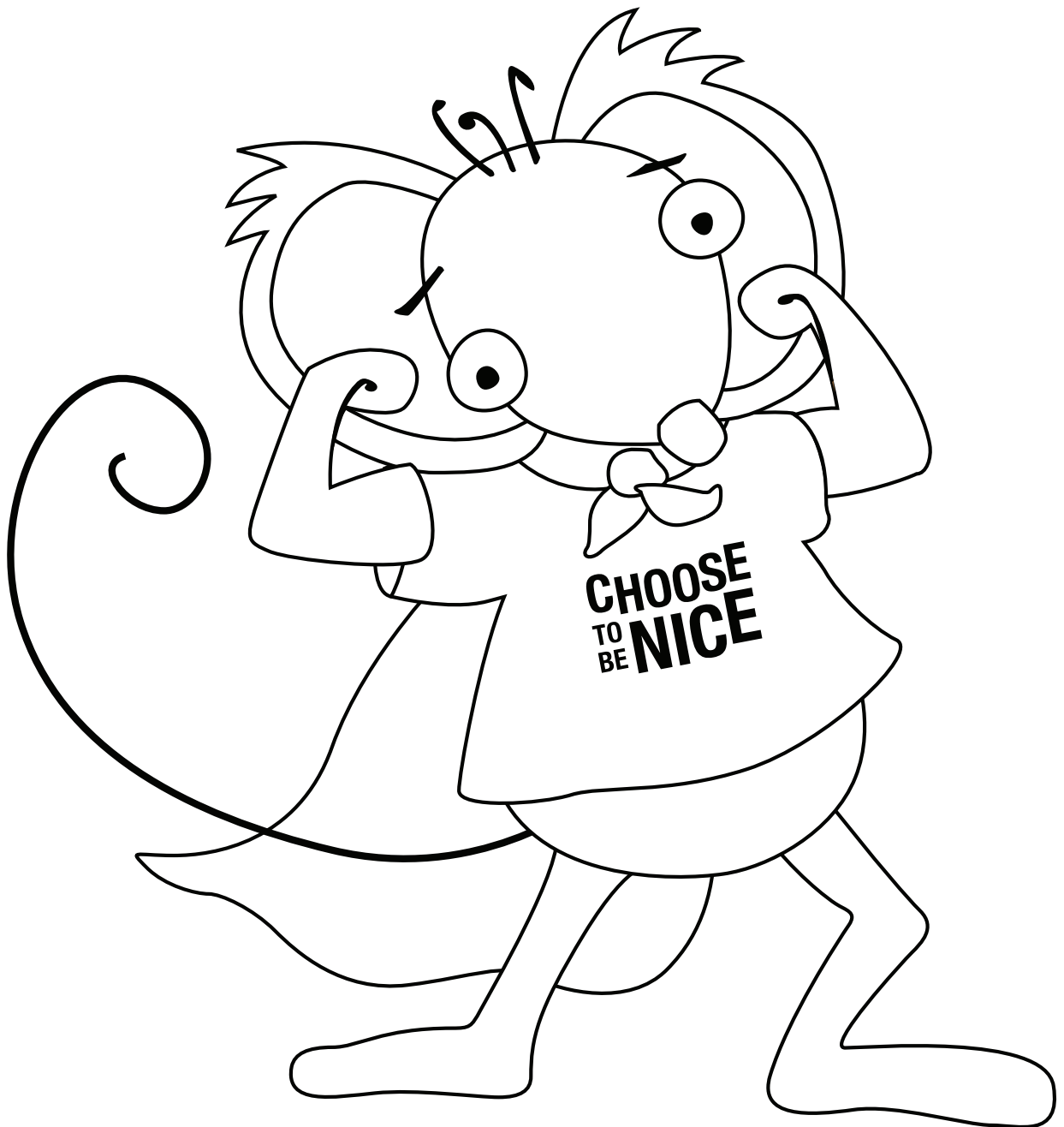
DISCUSSION QUESTION:

What does it mean to have courage?



For more activities and ideas visit the Choose To Be Nice Family Resources Page at choosetobenice.com/home-community-resources.

COURAGE



COURAGE



**CAMERON
THE COURAGEOUS MOUSE**
always chooses to be nice, even in
the most difficult situations.