

# CHOOSE TO BE NICE<sup>®</sup>

LEARNING ACTIVITY GUIDE - GRADE K

## COURAGE



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

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### WHAT'S INSIDE?

- Student-centered activities designed to promote lifelong social and emotional intelligence
- Book recommendations + literacy activities
- Home connections + tips for parents

**CHOOSE  
TO BE NICE<sup>®</sup>**



Welcome to the Kindergarten Courage Learning Activities!

This month, your school community will be emphasizing the importance of courage. Use this Learning Activity Guide to help students understand and embrace courage through an engaging video or audio recording, a children’s book, a lesson, discussion questions, extension ideas, bonus materials, and at-home engagement. These fun and student-centered activities are cross-curricular and include opportunities for children to collaborate and work independently, exercise their literacy skills and creativity, and develop social and emotional awareness.

The Choose To Be Nice® school program is a comprehensive and engaging SEL (social and emotional learning) program that focuses on the nine important values of respect, kindness, acceptance, teamwork, honesty, responsibility, friendship, patience, and courage. Schools focus on one value per month, and all program components are designed to foster empathy, kindness, and lifelong values that will help children become resilient and compassionate individuals. All learning activities are aligned with the five core social-emotional learning competencies identified by CASEL (Collaborative for Academic, Social, and Emotional Learning), the nation’s leading organization advancing the development of academic, social, and emotional competence for all students. As students go through the Choose To Be Nice program and learn and practice the Choose To Be Nice values, they are building their skills in the five competencies: self-management, self-awareness, responsible decision making, relationship skills, and social awareness.



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# GETTING STARTED

## OUR VALUES

Choose To Be Nice promotes its mission with these nine important values:

**RESPECT** - be polite and show consideration for others and their differences

**KINDNESS** - be nice and friendly to people wherever you go

**ACCEPTANCE** - appreciate and recognize people for who they are

**TEAMWORK** - collaborate and work together with others

**HONESTY** - be truthful and fair

**RESPONSIBILITY** - be accountable for your own actions

**FRIENDSHIP** - be a friendly companion other people want to be around

**PATIENCE** - be calm and understand that some things take time and endurance

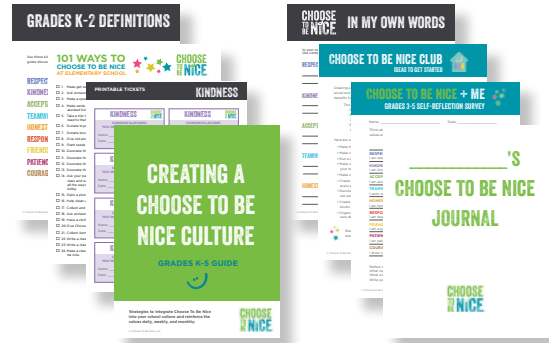
**COURAGE** - be brave and dare to be nice even when it's hard

# GETTING STARTED

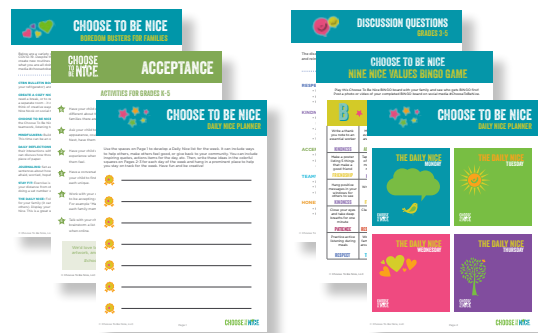
## ONLINE RESOURCES

Resources for educators and families are available to download on our website.

**Educator Resources Page:** The entire Choose To Be Nice curriculum, along with supporting documents, additional student worksheets, at home activity guides, bonus materials, and this guide, are all available on our website on the Educator Resources Page. To access materials visit: [www.choosetobenice.com/educator-resources](http://www.choosetobenice.com/educator-resources). Use password: **CTBNschool24-25**.



**Family Resources Page:** Please be sure to direct your families to our online **Family Resources Page**, where we have additional engaging and fun at home activities for families, as well as tips and other resources. Families can access the activities at: [www.choosetobenice.com/home-community-resources/](http://www.choosetobenice.com/home-community-resources/).



# GETTING STARTED

## SUGGESTED SCHEDULE

Here is a suggested schedule to follow for Kindergarten Courage Month:

### Prior To Week One:

- Send home the Choose To Be Nice At Home Activity Book (Kindergarten Courage) available on the Educator Resources Page
- Have books from the suggested book list readily available for your students

### Week One:

- Play Cameron's video found on the Educator Resources Page
- Practice the Courage Chant
- Courage Learning Activity: I am Brave

### Week Two:

- Have Group Discussions about courage

### Week Three:

- Have students reflect on and write about courage during journal time. Journal covers and pages are available to download from the Educator Resources Page

### Week Four:

- Courage Extension Activity

## CHOOSE TO BE NICE AT HOME ACTIVITY BOOK

Essential to adopting any new behaviors is making sure the learning reaches home. **Choose To Be Nice At Home Activity Books** help to reinforce the Choose To Be Nice values and encourage positive dialogue at home. Each Guide includes a note to parents/guardians, a fun activity, a chant for younger students, discussion questions, a coloring page and a poster. Be sure to send this guide home prior to starting this month's learning activities.



## CAMERON THE COURAGEOUS MOUSE VIDEO

In this short video, **Cameron the Courageous Mouse** introduces younger students to the concept of courage through everyday examples and builds excitement for additional learning and exploration. The video includes a chant to help kids remember to be brave and offers a foundation for classroom discussions and activities on courage. Be sure to play this video prior to starting this month's learning activities.



## CAMERON THE COURAGEOUS MOUSE CHANT

Each Choose To Be Nice value has a chant to help younger students in PreK-2 remember key concepts. Here is Cameron The Courageous Mouse's chant:

*Have courage, be brave and kind.*

*Cameron does it all the time!*

All At Home Activity Guides, videos, and chants are available on our website on the [Educator Resources Page](#). Password is CTBNschool24-25.

# CAMERON THE COURAGEOUS MOUSE

always chooses to be nice, even in the most difficult situations.

**BOOK SUGGESTION:**

Sheila Rae, The Brave, By Kevin Henkes

**LEARNING ACTIVITY: I am Brave**

**SUBJECT CONNECTIONS:** English Language Arts, Visual Arts, Social Studies

**MATERIALS NEEDED:**

- Copies of I Am Brave
- Crayons

**INSTRUCTIONS:** Introduce students to Cameron the Courageous Mouse by playing Cameron's video. Ask children to share what they think it means to be brave or **courageous**.

Next read the story **Sheila Rae, The Brave**. Ask, *What are some examples of bravery in the book?* Next, ask children to think of a time that they were brave. Hand out copies of I Am Brave and invite students to individually illustrate a time when they needed to show courage and be brave.

Regroup and have children share their pictures. Display the illustrations on a bulletin board to remind the students of all of the different ways that they are courageous and brave.



Use with KINDERGARTEN **COURAGE** activity: I am Brave

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## I AM BRAVE

Name: \_\_\_\_\_



## DISCUSSION QUESTIONS (K-2)

Use these questions to engage students in thoughtful discussions about courage.

- What is something you are afraid of? Have you ever had to show bravery or courage to deal with that fear?
- What does it feel like when you are afraid? What does it feel like when you have courage?
- Have you seen someone else show courage? What did they do?
- When is it hard to have courage?
- What does it mean to have courage?
- Who shows courage in your community?
- What can you do to be more courageous?

## SOCIAL STORIES (K-2)

Social Stories are fun and engaging short stories that show a Choose To Be Nice value in action. Read the story out loud and use the questions to prompt meaningful discussion.

**Story #1:** Timothy is known to be a bully in the 3rd grade class. He is always making fun of and picking on others. He will even try to trip his classmates when they walk past him. One day, Charla saw Timothy take Tremaine's hat and refuse to give it back. Timothy kept teasing Tremaine by holding the hat close to him and pulling it away when he reached for it. Timothy also called Tremaine names. Charla decided that enough was enough and decided today would be the day she stood up to Timothy. She took a deep breath, walked up to him, put her hands on her hips, and said firmly, "Timothy. Stop. You are being a bully! Give Tremaine back his hat and stop saying mean things." Timothy opened his mouth to say something to Charla, but she interrupted him and said, "Stop. Now. I'm not afraid of you." Timothy gave Tremaine his hat and said, "Fine. It was not fun anymore anyway."

- *How did Charla show courage?*
- *Why is it sometimes hard to show courage?*
- *What else could have happened?*
- *Do you think Charla thought about what might have happened if Timothy didn't listen to her?*
- *How can you show courage in a difficult time?*

**Story #2:** Math is not easy for Lillian. She manages to pass each year but just barely. She loves to read and can write very well, but math does not make sense to her. Usually she sits quietly, takes notes, and tries her best. She never volunteers to answer a question out loud or solve a problem on the board because she is afraid of getting the answer wrong. This year, she is in Mr. Brooklyn's class. Mr. Brooklyn is always reminding his students that they are a community of learners and that his classroom is a safe space to try. Lillian was still uneasy about raising her hand. After a few weeks, she decided it was time to try. At the beginning of each lesson, Mr. Brooklyn always gives a problem of the day to solve. Today, Lillian told herself that she was going to raise her hand to answer the question. When the time came, her heart raced, and her palms were sweaty. She took a deep breath and was about to raise her hand, but she could not do it. Instead, she put her pencil down and waited for someone else to answer the question.

- *Did Lillian show courage? Why or why not?*
- *What made it difficult for her to show courage?*
- *What would have happened if Lillian tried to answer the question and was wrong?*
- *Have you been in a similar situation? What did you do?*

## EXTENSION IDEAS

Use these Extension Ideas to extend and reinforce the learning anytime throughout the month and year.

- Celebrate everyday heroes by sharing stories of bravery and courage in the classroom, school, or community.
- Create a bulletin board to display everyday heroes and acts of bravery.
- Have students write in their CTBN Journal about courage using the sentence starter "Courage is important because..."

**ADDITIONAL BOOKS LIST - COURAGE (K-2)**

Use these additional books to reinforce the concept of courage.

**Stand Tall Molly Lou Melon**, By Patty Lovell

**Henry's Freedom Box**, By Ellen Levine

**Jabari Jumps**, By Gaia Cornwall

**What Do You Do With a Chance**, By Kobi Yamada

**Enemy Pie**, By Derek Munson

**My Strong Mind**, By Niels Van Hoven

**The Day You Begin**, By Jacqueline Woodson

**What Do You Do With A Chance**, By Kobi Yamada

## BONUS MATERIALS

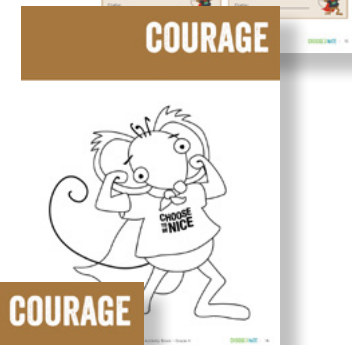
**Award Certificates:** Choose To Be Nice Award Certificates are a great way to promote a positive school culture and reinforce the Choose To Be Nice value of the month. Use the Courage Award Certificate to recognize those students for consistently showing courage and helping their friends through challenging situations.



**Reward Tickets:** Keep a stack of Courage Tickets handy. When you observe a student showing courage through actions, words, or interactions, award them a ticket. Empowering students to award these tickets to their peers is a great way to encourage them to recognize and value brave behavior in different situations. Consider setting up a system where tickets can be exchanged for small rewards or privileges.



**Coloring Page:** Students can use coloring pages during quiet time. Display completed pages around the classroom to celebrate students' understanding and commitment to courage.



**Poster:** Hang the poster in your classroom as a visual reminder of the importance of courage. Use the poster to spark meaningful discussions about courage.





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# COURAGE AWARD

*This award is being presented to*

*for being brave and daring to be nice  
even when it's hard.*

*Keep up the good work!!*



# COURAGE



CONGRATULATIONS! YOU WERE  
CAUGHT SHOWING COURAGE

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# COURAGE



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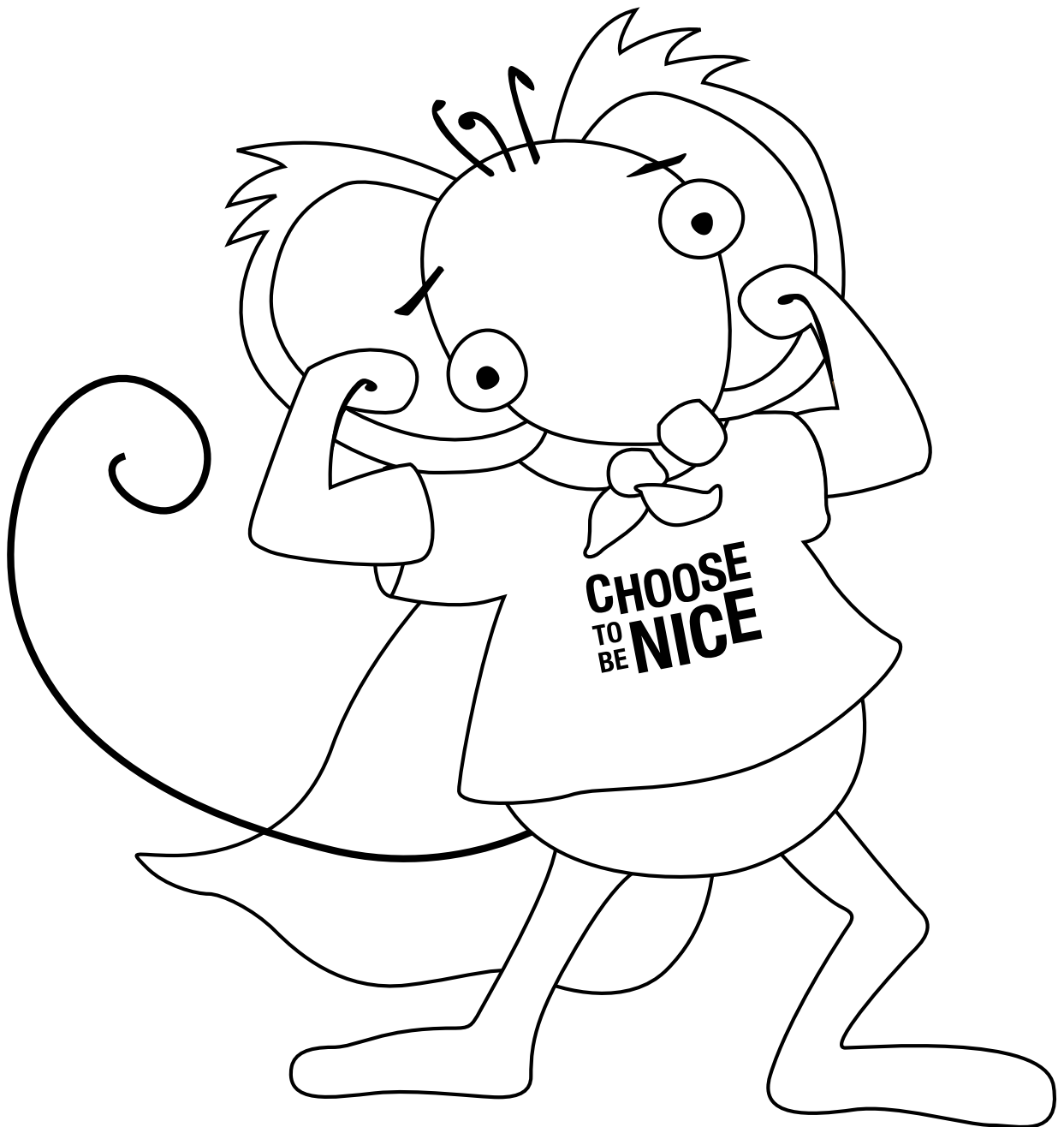
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