

# CHOOSE TO BE NICE<sup>®</sup>

LEARNING ACTIVITY GUIDE - THIRD GRADE

## COURAGE



### COURAGEOUS CAMERON

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



#### WHAT'S INSIDE?

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

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Welcome to the Third Grade 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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- Courage Award Certificate
- Courage Reward Tickets
- Coloring Page
- Poster

# 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

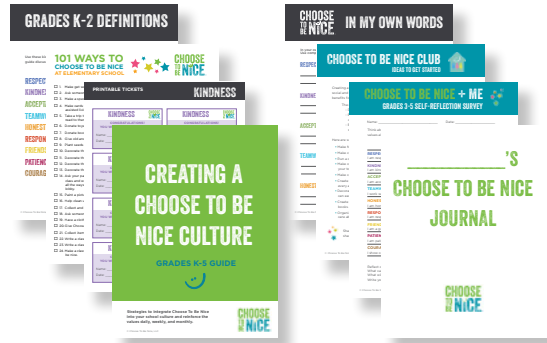
**COURAGE** - be brave and dare to be nice even when it's hard

# GETTING STARTED

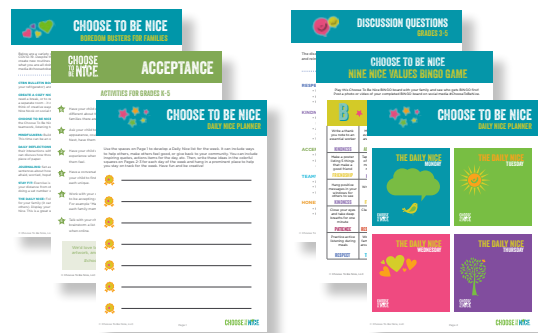
## ONLINE RESOURCES

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 Third Grade Courage Month:

### **Prior To Week One:**

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

### **Week One:**

- Play Cameron's audio recording found on the Educator Resources Page
- Courage Learning Activity: Confronting Your Fears

### **Week Two:**

- Have Group Discussions about courage

### **Week Three:**

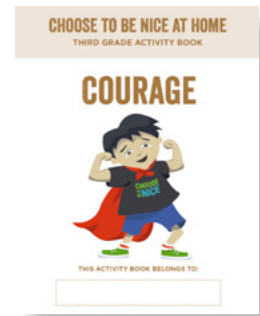
- Have students reflect on and write about courage during journal time. Journal covers and pages are available to download from the Educator Resources Page

### **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, discussion questions, a coloring page and a poster. Be sure to send this guide home prior to starting this month's learning activities.



## COURAGEOUS CAMERON AUDIO

In this short audio recording, **Courageous Cameron** talks about courage and builds excitement for additional learning and exploration. Be sure to play this audio prior to starting this month's learning activities.



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

## COURAGEOUS CAMERON

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**BOOK SUGGESTION:** *Mirette on the Highwire*, By Emily Arnold McCully

**LEARNING ACTIVITY:** Confronting Your Fears

**SUBJECT CONNECTIONS:** English Language Arts

**MATERIALS NEEDED:**

- None needed



**INSTRUCTIONS:** Read the book *Mirette on the Highwire*. Have students reflect on how Bellini showed **courage** and conquered his fear of crossing the highwire again in the story.

Give students five minutes to brainstorm a list of their fears on paper. After five minutes, have students look at their list and select one fear that they would most like to confront. Have students pair up and share their fears with one another. Remind students how Bellini and Mirette helped each other in the book, and have the partners work together to write a plan to help each other to show courage to confront and overcome their fears.

When students are done, invite each pair to share their plans with the class. After the class has finished sharing, congratulate the students for showing courage and creating a plan to confront their fears.



## DISCUSSION QUESTIONS (3-5)

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

- What is something that you are afraid of? How can you confront your fear?
- Describe a time when you showed courage. How did it feel?
- What does courage look like in everyday life?
- Share a personal story where you had to be courageous.
- How can we support our friends in showing courage when they are afraid?
- Discuss the role of courage in standing up for what is right, even when it's difficult.

## EXTENSION IDEAS

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

- Have students use old magazines to create a “Courage Collage” with motivating words and images that will inspire them to continue to confront their fears. Have students display the collage somewhere where they will see it regularly and be reminded to have courage.
- Have students write in their CTBN Journal about why it is important to have courage and how being courageous can help them be nice to others.

## ADDITIONAL BOOKS LIST - COURAGE (3-5)

Use these additional books to reinforce the concept of courage.

**Pink and Say**, By Patricia Polacco

**Courage**, By Bernard Waber

**Inside Out and Back Again**, By Thanhha Lai

**Merci Suarez Changes Gears**, By Meg Medina

**Before She Was Harriet**, By Lesa Cline-Ransome

**Beryl: A Pig's Tale**, By Jane Simmons

## 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: \_\_\_\_\_



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