LEARNING GOAL: Students will learn to identify their fears and determine what can be done to conquer their fears. They will learn to face their fears with confidence and a positive attitude.

INSTRUCTIONAL SEQUENCE:
1. Engage students in a discussion about recognizing their fears and taking steps towards conquering them.
   a. What is courage?
   b. Is courage something you are born with, or can you develop it?
   c. What does courage have to do with your character?
   d. How can you encourage others to face their fears?
   e. Is peer pressure a strong influence in this school? Does it take courage to resist peer pressure?

2. On chart paper, put up a list of influential people who have shown courage and fought for what they believed in and/or faced their fears. Discuss how each showed courage. (Examples: Martin Luther King Jr – Standing up for equal rights; Police and Firefighters – saving people from September 11, 2001 attacks; Soldiers overseas – peacekeeping in dangerous places).

3. Hand out the activity sheet from the lesson plan that you have selected. Let the students complete the activity, allowing them to become more familiar with the words and ideas of the book before they start.

4. Once the activities are completed, give each of the students their unique login name and password for the I Can! Kids website. When the students log-on to our site, they will receive simple instructions to answer the questions and to create their own pictures.

REFLECTION: As a class, share any ideas and thoughts that will help your class work towards facing their fears and supporting their peers in the process. Consider using other lesson plans as a reminder for students to believe in themselves, face their fears, have the courage to stand up for what they believe in and to support their family and friends who are dealing with their own fears.
Directions: Write the words from the list below in alphabetical order.

Conquer  | Fears  | Brave  
---|---|---
Encourage | Courage | Power
Afraid | Support | Overcome
Positive | Confidence | Determination
Accomplish | Scared | Heroic

1. ________________________________  9. ________________________________
2. ________________________________ 10. ________________________________
3. ________________________________ 11. ________________________________
4. ________________________________ 12. ________________________________
5. ________________________________ 13. ________________________________
6. ________________________________ 14. ________________________________
7. ________________________________ 15. ________________________________
8. ________________________________
Directions: Write the words from the list below in alphabetical order.

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1. Accomplish  
2. Afraid  
3. Brave  
4. Confidence  
5. Conquer  
6. Courage  
7. Determination  
8. Encourage  
9. Fears  
10. Heroic  
11. Overcome  
12. Positive  
13. Power  
14. Scared  
15. Support
Kicking Fear!
Lesson Plan Introduction

Kicking fear is easy. Have courage!

Grade Level: Grades 1 to 3
Curriculum Links: Language Arts; Reading; and Writing

Lesson Includes:
- Lesson Application
- Instructional Sequence
- Activities
- Reflection

Materials Needed:
- Computer lab
- Scanner
- Pencils
- Markers, pencil crayons etc.
- Chart Paper

Learning Goal: Students will learn to identify their fears and determine what can be done to conquer their fears. They will learn to face their fears with confidence and a positive attitude.

Instructional Sequence:
1. Engage students in a discussion about recognizing their fears and taking steps towards conquering them.
   a. What is courage?
   b. Is courage something you are born with, or can you develop it?
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   e. Is peer pressure a strong influence in this school? Does it take courage to resist peer pressure?

2. On chart paper, put up a list of influential people who have shown courage and fought for what they believed in and/or faced their fears. Discuss how each showed courage. (Examples: Martin Luther King Jr – Standing up for equal rights; Police and Firefighters – saving people from September 11, 2001 attacks; Soldiers overseas – peacekeeping in dangerous places).

3. Hand out the activity sheet from the lesson plan that you have selected. Let the students complete the activity, allowing them to become more familiar with the words and ideas of the book before they start.

4. Once the activities are completed, give each of the students their unique login name and password for the I Can! Kids website. When the students log-on to our site, they will receive simple instructions to answer the questions and to create their own pictures.

Reflection: As a class, share any ideas and thoughts that will help your class work towards facing their fears and supporting their peers in the process. Consider using other lesson plans as a reminder for students to believe in themselves, face their fears, have the courage to stand up for what they believe in and to support their family and friends who are dealing with their own fears.
Kicking Fear!
Vocabulary Activity

Kicking fear is easy. Have courage!

Read the sentences below. Fill in the blank with the correct word from the list.

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1. The Chimp was __ __ __ __ __ to play soccer with his sisters, brothers and friends.

2. You must have __ __ __ __ __ __ __ __ __ __ in yourself to overcome your fears.

3. The best attitude to have is a __ __ __ __ __ __ __ attitude.

4. With the __ __ __ __ __ __ of your family and friends, you can do anything!

5. There are many ways to __ __ __ __ __ __ your fears if you put your mind to it!

6. It is okay to have __ __ __ __ __.

7. __ __ __ __ __ is the power of dealing with or facing danger, fear or pain.

8. Always __ __ __ __ __ __ __ __ __ __ your friends and family to face their fears and overcome them.

9. You have the __ __ __ __ __ to overcome your fears.

10. If you work at overcoming your fears, you can __ __ __ __ __ __ __ __ __ __ your goals.

11. It takes a lot of __ __ __ __ __ __ __ __ __ __ to be successful and to face your fears.

12. Be __ __ __ __ and go full speed in the direction of your dreams!
Read the sentences below. Fill in the blank with the correct word from the list.

Conquer (5) Fears (6) Brave (12)
Encourage (8) Courage (7) Power (9)
Afraid (1) Support (4) Accomplish (10)
Positive (3) Confidence (2) Determination (11)

1. The Chimp was **AFRAID** to play soccer with his sisters, brothers and friends.
2. You must have **CONFIDENCE** in yourself to overcome your fears.
3. The best attitude to have is a **POSITIVE** attitude.
4. With the **SUPPORT** of your family and friends, you can do anything!
5. There are many ways to **CONQUER** your fears if you put your mind to it!
6. It is okay to have **FEARS**.
7. **COURAGE** is the power of dealing with or facing danger, fear or pain.
8. Always **ENCOURAGE** your friends and family to face their fears and overcome them.
9. You have the **POWER** to overcome your fears.
10. If you work at overcoming your fears, you can **ACCOMPLISH** your goals.
11. It takes a lot of **DETERMINATION** to be successful and to face your fears.
12. Be **BRAVE** and go full speed in the direction of your dreams!
Kicking Fear!
Lesson Plan Introduction

Grade Level: Grades 3 to 6
Curriculum Links: Language Arts; Reading; and Writing

LESSON INCLUDES
Lesson Application
Instructional Sequence
Activities
Reflection

MATERIALS NEEDED
Computer lab
Scanner
Pencils
Markers, pencil crayons etc.
Chart Paper

Learning Goal: Students will lean to identify their fears and determine what can be done to conquer their fears. They will learn to face their fears with confidence and a positive attitude.

Instructional Sequence:
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Write a letter to someone that has shown courage. Explain how they did it. Tell them one of your fears and how you will conquer that fear or how you already have!

Dear _____________________,

I would like to tell you about a time I saw you show courage and how you inspired me to face my fears.

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

Thank you for being brave and inspiring me to have the confidence to face my own fears!

Yours truly,

____________________
Write a letter to someone that has shown courage. Explain how they did it. Tell them one of your fears and how you will conquer that fear or how you already have!

Dear Grandma,

I would like to tell you about a time I saw you show courage and how you inspired me to face my fears.

One time, you were outside gardening with Grandpa and I. While we were planting the carrots, a snake came slithering out from behind the shed! I know you hate snakes and have always been afraid of them. I thought you were going to run away afraid, but instead of running, you stood your ground and scared the snake away. I was so impressed. Later that day, after my piano lesson, my mom asked me to play a song in front of her and my dad! I was afraid I would make a mistake and disappoint them. My mom encouraged me to try my best and told me they were proud of me no matter what. My dad told me to close my eyes and pretend like no one else is in the room. I remembered you and how brave you were in front of the snake. If you could face your fears, so could I! So, I sat down at the piano, closed my eyes, and began to play a song. At first I was nervous but the more I played the more my confidence grew and I could open my eyes and be proud to show my parents what I had learned.

Thank you for being brave and inspiring me to have the confidence to face my own fears!

Yours truly,
Tommy