

Online Resource 9.3 • Courage Curriculum Integration Planner

CHAPTER/LESSON	GRADE LEVEL	SUBJECT/CONTEXT	ADAPTATION/NOTES
Community helpers	Grades 1–3	Community helpers talk about courage.	Could include visits to community settings, background research, role plays, or art.
Civil rights	Grades 4–12	Discussion of courage, equity, and justice in terms of civil rights leaders. As appropriate, during the academic unit, practice the “Meditation on Change.”	Could also consider courage to leave one’s home and migrate to another country.
Discussion of true courage	Grades 4–12	Discussion of bravado or false courage—dares, being reckless or uncaring. During the academic unit, perhaps in relation to a specific novel or short story, talk about why people are sometimes reckless and work on developing an underlying sense of courage. Incorporate some of the yoga warm-ups, such as tree pose, and sets, such as “Overcoming One’s Sense of Limitation.”	Could also relate to discussion of adolescent behaviors, and how sometimes we feel peer pressure to go along with others.

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.