



Courage is being brave enough to do what you should do, even when you're afraid.

Read: Psalm 27:1

**DAY
1**

Stick With It

Grab some books (the bigger the better) and stretch those arm muscles! Start with your hands out, palms up. Ask someone to place one book on your hands, count to ten, place another book, count to ten, and repeat until you almost can't hold any more! Go until you drop the books!

LOOK for ways you can keep going even when it gets hard.

**DAY
3**

Why Should I Be Afraid?

Grab your megaphone from yesterday and use it to say the memory verse. Start by saying the verse without using your megaphone and then use the megaphone using a whisper voice, getting louder each time.



**DAY
2**

Speak Up!

Create a megaphone using supplies around your house. A megaphone is a cone that you speak into to make your voice louder. After creating your megaphone, write the words "speak up" on it. Use this megaphone as a reminder to speak up when it's the right thing to do, even when others are afraid. Talk with an adult about when it would be a good time to speak up.

*Adults: talk to your kid about times they should speak up, like when others are hurt, when they need help, or when they see something wrong.

ASK God to give you the courage to speak up.

**DAY
4**

Not Afraid

Pray and ask God to give you courage this week. Pray something similar to this:

~~~~~  
"Dear God, I pray that You can give me the courage I need this week. I pray that I can look out for my friends and family and do the right thing even when I'm afraid. Amen."

~~~~~  
THANK God for giving you courage when you need it.



You can do what you should even when others are afraid.



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Parent Signature _____

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Read: Philippians 4:13

**DAY
1**

Superhero Here!

Superheroes don't seem to be scared of much! Imagine you are a superhero tackling your worst (human) fear! Is it going down the big slide, sleeping in the dark, or something else? Act out what you are most afraid of, but do it as a superhero!

P.S. Do you know God can do anything? He can do much more than a superhero!

KNOW that God can do anything!

**DAY
2**

Impossible? No Way

Grab some paper and something to write with. Write or draw a picture of something you think is impossible. After you are done, crumple it up and throw it as far as you can!

ASK God to help you make the seemingly impossible, possible!

You can do what you should even when things seem impossible.

**DAY
3**

Work It Out

Get stronger in body and in spirit when you work both out together! Look up this week's verse, and decide on a physical movement you can do while practicing your verse. Some great moves include: jumping jacks, sit ups, using some weights, and doing curls.

LOOK for ways you can use the strength God gives you when you need it.

**DAY
4**

You Can Do It, He Can Help

Ask God to help give you strength when things seem impossible.

~~~~~  
“Dear God, sometimes things seem so impossible and it’s hard. Please show me how I can do things that seem impossible, and give me strength when I need it. Amen.”

~~~~~  
THANK God for always giving you the strength to make things possible.





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Read: Galatians 6:9

**DAY
1**

Do What's Right

Ask your parent what you can do this week to be a help—not just right now but something you can do each day this week. Talk through how and when it is best to do this task. Throughout this week do what you talked about every day, even when you don't want to. Ask God to give you the energy and strength to do it all week.

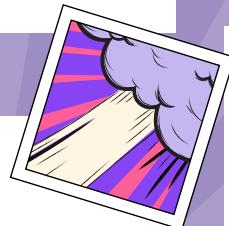
KNOW that doing the right thing helps others.

**DAY
2**

Daniel and the Lions

Draw a picture of Daniel in the lions' den from our Bible story this week. Once you finish the drawing, share the story of Daniel with someone in your house. You can talk about why he got there, what he did while he was in the den, and why he got out.

LOOK for ways to have faith and courage like Daniel.



You can do what you should because God is with you.

**DAY
3**

Roll With It

With the help of a friend (or a few), practice this week's memory verse with a ball. Sit on the floor with your feet touching, pass the ball across to your friend, and say one word of the verse. Each roll equals one word. Example: Let (roll) us (roll) not ...

ASK God to give you the strength to do good.

**DAY
4**

Do What You Could

When we don't know what to do, praying is something we could do! Pray and ask God to help you as you try to always do what you should.

~~~~~  
"Dear God, sometimes it is so hard to do or say the right thing. Please give me the courage I need to do what I should. I want to help others any way I can. Help me to do this well. Thank You for the courage You have given me. Amen."

~~~~~  
THANK God for always being a prayer away when you need the courage to do what's right.



DRAW A PICTURE OF DANIEL PRAYING IN THE LIONS' DEN



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Read: Psalm 31:14

**DAY
1**

What Will Happen?

Let's experiment! Before you do the experiment, read the directions below and guess what might happen!

Fill a glass halfway with **water**, add **1 tbsp baking soda**, add **3 raisins** cut or ripped in half, and fill the rest of the cup with **vinegar**.

You might not have known what was going to happen based on the directions, but if you followed them, you should have seen something pretty silly happen with those raisins. Sometimes we are a lot like that. We know that we should follow God's direction but sometimes don't. But when we do, really cool things can happen!

LOOK to do what you should even when you don't know what will happen.

**DAY
2**

Hard as Rocks

Go outside and find a rock big enough to write on. Wash the rock off, and when it is dry, write the word "COURAGE" on it. Place this rock in your bedroom, bathroom, or next to the door you walk out of to go to school. Let this rock be a reminder that when things are hard and you don't know what else to do, you can talk to God and ask for courage.

ASK God to give you courage when things get hard.



**DAY
3**

You Are My God

Look up this week's verse and say it a few times. After you get the hang of it, shout the verse as loud as you can (but warn your household first). Yell it loud enough that the heavens can hear you shouting, "You are my God!"

KNOW that you can trust God!

**DAY
4**

I Trust in You

This month we learned that when we trust in God, God can give us the courage to do what is right when we are scared or unsure. Let's thank God for always being with us.

"Dear God, this month I have learned what it means to have courage. I know that when I am scared or unsure, I can ask You to help me. Please help me to always do what is right and to do what I should even when I don't know what is going to happen. I pray that I can be courageous in teaching others about You. I love You, God. Amen."

You can do what you should even when you don't know what will happen.



COURAGE



**BEING BRAVE ENOUGH TO DO WHAT YOU
SHOULD DO, EVEN WHEN YOU'RE AFRAID**



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