

Playgroup lesson: Courage

Aim: For children to learn that they can use prayer to help build courage and confidence in situations that they feel challenged with.

1. Prayers: Practice “Allah’u’Abha” together

2. Songs: “I feel confident” (From Enkindle)
“Is there any remover of Difficulties”

3. Quote: **“Armed with the power of Thy Name nothing can ever hurt me”**
- Baha’u’llah

Make a shield out of cardboard with “Baha’u’llah” written on it and then pass it around the group – the group helps each child to say the quote when they have their turn holding the shield.

4. Stories: “We’re Going on a Bear Hunt”

Dramatise this story with the children using actions and sounds. Talk about the courage the characters displayed in the story.

5. Art activities:

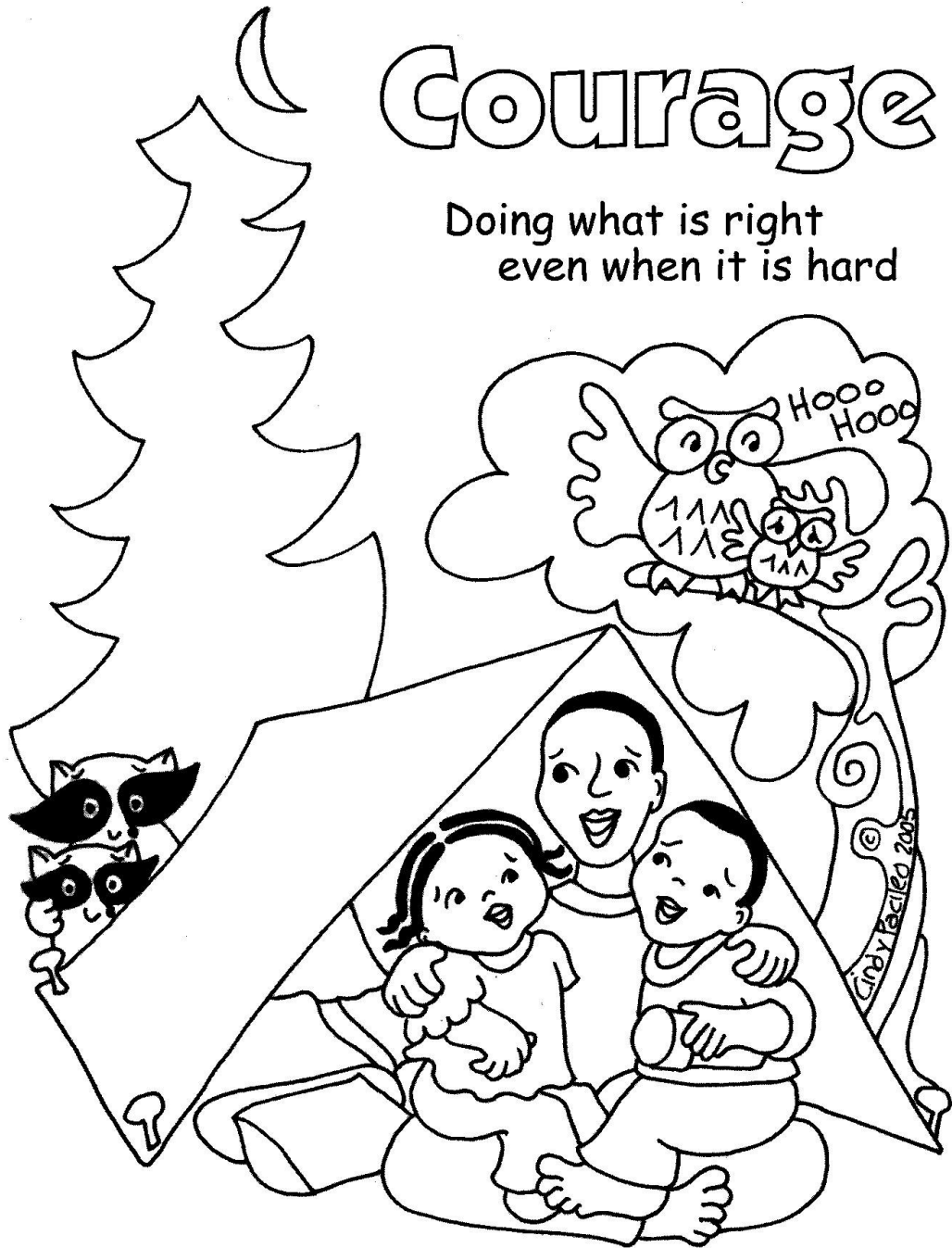
1. Colouring page (and ensure the quotation is on the colouring page)
2. Make a shield with card and the children can decorate it with things that remind them of God.

6. Activities:

1. Make a darkened cave with blankets and sit inside with a torch
2. Climb as high as you can on the playground equipment (if wet get the children to climb as high as they can on the adults)
3. Prepare to put on some items for the larger group of children eg Practice a song together that the children can sing to the other children and play musical instruments, or recite a quote that they can say with a parent to the other children. Or act out the story of the Bear Hunt with miming some actions and/or making some noises. (The Bear hunt can also lend itself to use of puppets)

Courage

Doing what is right
even when it is hard



Facing your fears is one way to show courage.
When have you shown courage?