

PROGRAM for **A**CHIEVING **C**HARACTER **E**DUICATION

For
Catholic Schools and
Homes



M. Monica Speech

PACE®



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A decorative frame consisting of two tall, fluted columns supporting a triangular pediment. The pediment contains a relief of a classical figure. The columns have ornate capitals and bases.

VII. Courage

Please read the green textual additions on the following pages for a guide to the *PACE* manual.

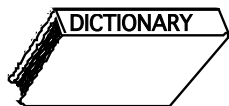
NOTE: This is not a full treatment of the virtue. Each section has many more activities.

“ ” I. QUOTATIONS

1. “You must do the thing you think you cannot do.”
~*Eleanor Roosevelt*
2. “Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.”
~*Robert Frost*
3. “Keep your fears to yourself, but share your courage with others.”
~*Robert Louis Stevenson*
4. “We shall steer safely through every storm, so long as our heart is right, our
intention fervent, our courage steadfast, and our trust fixed on God.”
~*St. Francis de Sales*
5. “Courage is what it takes to stand up and speak; courage is also what it takes to sit
down and listen.”
~*Winston Churchill*

**You can post these quotes around the classroom and/or the
children will be instructed to copy them into their
workbooks.**

Note: There are 11 quotes for each virtue studied.



II. DEFINITION

Courage: (noun) the quality of mind or spirit that enables one to face danger or hardship with confidence, resolution, and firm control of oneself; bravery.

Adjective: courageous

Synonyms: nerve; guts; spirit; mettle; fortitude; firmness

Antonyms: cowardice; fear

The definition of the virtue should be written on the blackboard and discussed at the beginning of the month. Many workbook assignments include using synonyms and antonyms in original sentences as well as copying definitions.



III. STORIES

The Book of Virtues (BOV) & *The Moral Compass (TMC)*

Kindergarten

BOV “The Wee Wee Woman” page 445

TMC “The Mouse Who Was Afraid” page 254

First Grade

BOV “Chicken Little” page 443
“The Brave Mice” page 457

TMC “The Man, the Boy, and the Donkey” page 221

Second Grade

BOV “How the Little Kite Learned to Fly” page 446
“Jack and the Beanstalk” page 450

TMC “Heroes” page 274

Third Grade

BOV “Hansel and Gretel” page 453
“Chanticleer and Partlet” page 458

TMC “Molly Pitcher” page 301

The third section includes stories from *The Book of Virtues* (BOV) and/or *The Moral Compass* (TMC) by William J. Bennett. The teacher assigns stories for the students to read throughout the month. There are several recommendations for each grade. Stories can be read aloud to the younger students; older students will read independently. It’s a good idea to thumb through *The Book of Virtues* and *The Moral Compass* to read some of the stories before starting the program.

Note: Not all of the recommended books for Courage are shown in this sample.

Fourth Grade

BOV

“David and Goliath” page 447

“William Tell” page 480

TMC

“The Knights of the Silver Shield” page 255

“Beethoven's Triumph” page 336

Fifth Grade

BOV

“The Minotaur” page 462

“Susan B. Anthony” page 485

“A Smile” page 501

TMC

“The Little Girl Who Dared” page 77

“The Titanic” page 341

“The Bravest Man” page 543

Sixth Grade

BOV

“A Laconic Answer” page 475

“If” page 476

“Rosa Parks” page 489

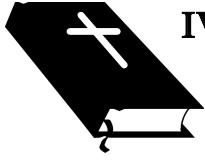
“Instant Hero” page 505

TMC

“A Prayer at Valley Forge” page 299

“Scylla and Charybdis” page 318

“Gideon and His Brave Three Hundred” page 624



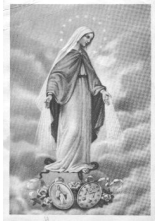
IV. BIBLE PASSAGES

All Bible passages can be found in the *New Standard Revised Version Bible - Catholic Edition (NSRV-CE)*.

- A. There is no greater example of courage in the Bible than the story of Jesus' Passion and death on the Cross: *Mark 15:33-41*.
- B. In *Matthew 14:25-33* Peter fears but Jesus tells him to have faith.
- C. Moses showed courage when he defied the Pharaoh and led his people out of Egypt: *Exodus 12:31-36*.
- D. We must be brave to be followers of Christ: *Luke 9:21-25*.
- E. In *Matthew 10:28* we read about what we should fear.

In the fourth section, students will read passages from the Old and New Testament, as well as stories about how religious figures exhibited virtuous behavior.

Note: There are 22 Bible verses per virtue.



V. MARY & THE SAINTS

+ Meditate on the Blessed Virgin Mary's courage as she stood at the foot of the cross, witnessing the crucifixion of her Son. This terrible ordeal would have been unbearable if not for her magnificent faith and fortitude.

Prayer/Meditation:

Stabat Mater (See page 148)

Saints who were courageous:

It is fair to say that all of the saints were courageous in one way or another.

Some saints to study in particular:

The Apostles

St. Stephen

St. Sebastian

St. Thecla

St. Anthony Mary Claret

St. Isaac Jogues & Companions

St. Agnes of Rome

Saints who struggled with courage:

St. Peter and the other disciples struggled to be brave when Jesus was arrested

St. Augustine of Canterbury was initially afraid to go to England to preach, but was convinced otherwise by Pope, St. Gregory the Great.

In this section, the students will meditate on the actions of our Blessed Virgin Mary, who always leads us to a virtuous life. Also included is a list of saints who embodied, or saints who struggled with or because of, a particular virtue.

Note: There are generally 20-30 saints for each virtue.



VI. RECOMMENDED BOOKS

GRADE	TITLE	AUTHOR
K	<u>The Something</u>	Natalie Babbitt
	<u>Sheila Rae, the Brave</u>	Kevin Henkes

The books listed in this section can be part of your Language Arts curriculum, recreational reading, or extra credit. Many are Newberry and Honors Books. In each workbook, students are assigned books from this list; they will then either participate in an oral review or answer general questions about the book.

Note: there are approximately 10 books *per grade level* for each virtue.

1st	<u>John Henry: An American Legend</u>	Ezra Jack Keats
	<u>Watch The Stars Come Out</u>	Riki Levinson

2nd	<u>Little House on the Prairie</u>	Laura Ingalls Wilder
	<u>Blaze and the Forest Fire</u>	C.W. Anderson

3rd

The Courage of Sarah Noble
Follow My Leader

Alice Dalgliesh
James B. Garfield

4th

The Tortoise and the Soldier
The Door in the Wall

Michael Foreman
Marguerite de Angeli

5th

Number the Stars
The Upstairs Room

Lois Lowry
Johanna Reiss

6th

Call It Courage
Red Cap

Armstrong Sperry
G. Clifton Wisler



VII. DISCUSSION TOPICS

- A.** Discuss these fearful things: being alone in your house, your first day in a new school, taking an important test, a thunderstorm, being bullied or threatened by someone.
- B.** Do you stick up for your friends when they are made fun of or rejected by a group or are you too afraid that you will be mocked too? How should you react?
- C.** Is it courageous sometimes to walk away and *not* fight?

Discussion topics will be handled in an ongoing fashion throughout the month. It is perhaps the most important step of all, since by listening to what the students say, we find out how much they have really learned about the virtue.

Note: There are 22 Discussion Topics per virtue.



VIII. WRITING TOPICS

A. Write about the most courageous person you know. How does this person exhibit his/her courage?

B. Has there ever been a situation in your life when you have needed to be very brave? Where were you and what did you do?

C. Write a composition about one of these courageous Catholic people:

~*Alfred E. Smith* (first Catholic presidential candidate)

~*Fr. Vincent Capodanno* (brave Marine Corps chaplain in Vietnam)

~*Pierre De Smet* (Catholic missionary in the American West)

~*John Paul Jones* (naval fighter in the American Revolution)

Supply the list of topics in this section. The children may choose one or more. They will be assigned at least two writing assignments per month in their *PACE* workbooks.

Note: There are 22 Writing Assignments per virtue.



IX. ENRICHMENT ACTIVITIES

A. Music

1. Listen to “The Marine’s Hymn”, “The Star-Spangled Banner” by Francis Scott Key, and “Over There” by George M. Cohen. This song by Cohen tells of American soldiers fighting in Europe during World War I.



B. Art

1. Study the Italian arena, the Colosseum. Many brave contests and battles were fought there. Try to imagine what happened there and then act out or draw a picture of one of these competitions.



C. Nature

1. Read about Jacques Cousteau, the oceanographer who bravely studied the oceans and sea life for many years.
2. Read about and report on the life of Roald Amundsen (1887-1928). This man was a Norwegian explorer who was the first person to reach the South Pole (among many other achievements). Amundsen died in a plane crash in a heroic effort to rescue his friends and fellow explorers.



D. General Activities

1. Look in a newspaper or in magazines for a story about a brave person. Read it aloud and discuss it with your family.

Section nine reinforces the materials studied throughout the month. It includes activities in the areas of art, music, nature, and general activities. These activities are often accomplished on Fridays or on days when you normally have extracurricular activities. Most of the Enrichment Activities can be conceptually tied in to other subjects in the curriculum such as art, music, science, and Language Arts. Also included in this section are pieces to be studied or memorized, such as poems.

Note: There are many more activities for each virtue than are shown here.



X. HOW TO PRACTICE THIS VIRTUE

- A.** Go to your church and pray the Stations of the Cross. They are excellent examples not only of Our Lord's courage during His Passion, but also of the strength of the Blessed Virgin Mary, St. John, St. Mary Magdalen, St. Veronica, and St. Simon of Cyrene.
- B.** Don't run away from or ignore your problems. Face up to them, or ask your parents or a trusted friend/family member to help you deal with them.
- C.** Be strong in the face of temptations. Don't give in!

This final section gives several hands-on opportunities for the children to apply the virtues in their everyday lives.

Note: There are over 20 suggestions on how to practice the virtue.