



**“Growing up, it was quite annoying,  
because I received a lot of  
comments like ‘Oh, you don’t have  
a hand!’.”**

**-David Aguilar**

**From the video, what qualities does David have that make him a hero?**



## Think

Why does David's arm creation make him a hero to others?

People think David is super smart because he built the arm!

His hard-work can help others build similar useful creations.

His lego arm doesn't affect other people, only himself.



## Feel

How do you think David felt after upgrading his lego arm after 9 years?



Sad



Happy - 9



Worried



Mad

Access Feelings Wheel

\*See group results after completing your responses.

## Act

Describe a time in your life that you were a hero because of your determination and grit.

One time my sister dropped her books at school and she was very upset. I helped her pick up her books and helped her calm down.

## Rate to complete Key

and gain access to Group Responses.



Rate 4 stars to favorite.



## Group Responses

**Think:**

Why does David's arm creation make him a hero to others?

People think David is super smart because he built the arm!



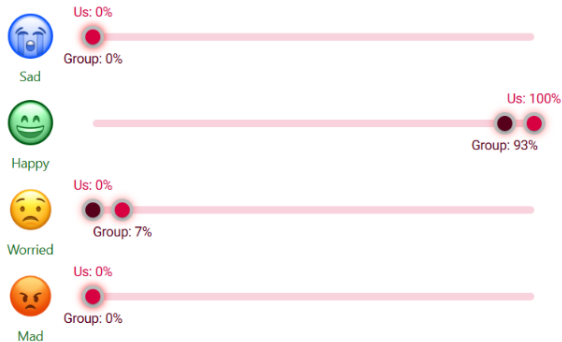
His hard-work can help others build similar useful creations.



His lego arm doesn't affect other people, only himself.

**Feel:**

How do you think David felt after upgrading his lego arm after 9 years?

**Act:**

Describe a time in your life that you were a hero because of your determination and grit.

Reflect on what was learned in this key.

View Video Again:



**Group Responses**, like those above, are included with **Premium** Lessons, **not Basic** Lessons  
**Note:** Group Responses are from the same grade range

# Premium Resources, like those below, are included with Premium Lessons, not Basic Lessons

## Application Worksheets

**Courage Self-Talk**

Sometimes I can keep going or do what you want to succeed. When a goal is important, write some self-talk phrases below that would give you courage to pursue your goal?

## Life-Stories -with discussion prompts

**GRIT ON ROUGH SEAS**

GRIT is the ability to persevere through adversity. It's the ability to keep going when things get tough. It's the ability to keep going when things get tough. It's the ability to keep going when things get tough.

## ELA Worksheets

**Read, Write, Speak and Listen about a Favorite**

Read, Write, Speak and Listen about a Favorite

## Feelings Wheels Zones of Regulation alignment



## Social Contracts

**Courage Social Contract**

United with common goals  
Joy of teamwork  
Contentment of being heard

As a group, we agree to show courage by trying our best to:

- 1) Overcome fear to share with others.
- 2) Reach out and talk with someone new.
- 3) Face a fear and overcome it.
- 4) Go out of my way to comfort someone hurting.
- 5) Go out of my way to encourage someone.

## Monthly Overviews

**Courage Overview**

Welcome to the **Courage** Overview!

How would you describe Britta Brax's character in your own words?

How would you describe the meaning of the following homes?

Courage: the strength to face fear.

1) Overcome fear to share with others.  
2) Reach out and talk with someone new.  
3) Face a fear and overcome it.  
4) Go out of my way to comfort someone hurting.  
5) Go out of my way to encourage someone.

Celebrate Impact: Ask kids to share how they've been impacted by **Courage**. Share the impact that you have seen **Heart** or **an** can encourage each other!

## Next Steps

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