

Courage

“Courage is being scared to death – but saddling up anyway.”

—John Wayne

“Never fear shadows. They simply mean that there is a light shining somewhere nearby.”

—Unknown

Theme: Overcoming Fear

Film: *Monsters, Inc.*

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Behind the closet door lies your greatest fear, a nightmarish monster created especially for you. At least that is the way that Monsters, Inc. has set up the system. The creatures, who work for Monsters, Inc. steal the screams of the children and convert them into energy for the monster city in the otherworld beyond the closet.

The problems start when Sully, a big, blue shaggy monster goes through the wrong door and encounters a little girl he names “Boo.” Sully is not the monster created especially for Boo by Monsters, Inc. Far from fearing him, Boo comes to love the big guy. But this does not mean that Boo is free from fear. Her custom-made monster, the one who can terrify her, is coming for Boo. Her only hope is to find a way to overcome her fear.

Watch Video Clip – Channel 67 – after Channel 1

Teaser Question: What helps you overcome your fears?

Going Deeper: How does Sully help Boo deal with her fears? Have you ever been afraid of someone because of how they look, the color of their skin or the clothes they wear? Have you ever changed your mind about someone who made you nervous? How did you lose your fear of that person?

Making Choices: There is a student in the school whose clothes and hair make that student look tough and angry. You and your friends are intimidated by this person. On Saturday you see this student in the park, sitting alone on a bench. Should you go up and start a conversation, or avoid the person? What would help you overcome your nervousness?

Activity: “Fear Charades”

Performance Objective:

To build a sense of camaraderie by sharing fears and discovering ways to overcome them.

Materials Needed:

Pens/pencils and paper.

Teachers' Instructions:

- Ask the students to write down on a piece of paper the thing of which they are most afraid (for example, "spiders" or "dark rooms"). They should then fold the paper and put it in their pocket.
- When all are finished writing, ask them to go around the room and find someone who shares their fear, BUT WITHOUT SPEAKING OR SHOWING THEIR PAPER. They must act out their fear and see if they can guess one another's answer, as in the game of Charades. When they have guessed correctly, they can confirm this by showing their folded papers to each other.
- Organize groups of people who share similar fears. Encourage them to talk amongst themselves and share ideas on how best to overcome their fear.
- Ask the members of each group to act out for the other groups BOTH their common fear AND their proposed way of overcoming that fear. Members of the other groups have to try to guess the charade.
- Write on the board the various fears and the proposed solutions, so that the entire class can discuss them.