



# Session 11

# RECAP

So far we have learnt...

- ★ We have focused on thinking
- ★ We have thought about changing mindsets
- ★ We have explored the importance of talking when things might be tough

# What do all these people have in common?



Each person or group has shown moral courage,  
but what does this mean?



Moral courage is...

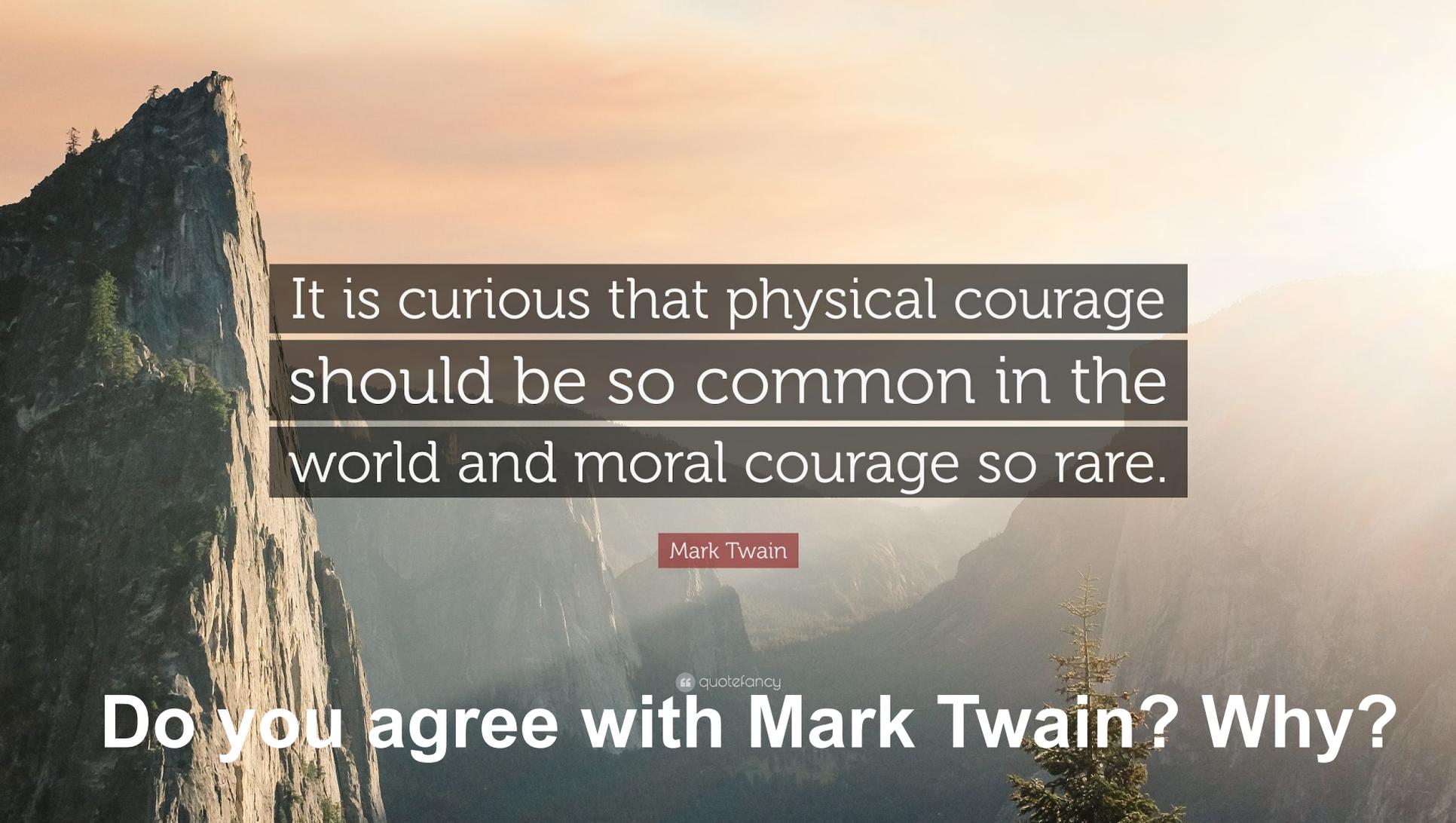
...having the confidence to stand up for what you believe in, despite the risk of consequences.

Can you think of any examples of moral courage?



**DEFEND**





It is curious that physical courage  
should be so common in the  
world and moral courage so rare.

Mark Twain

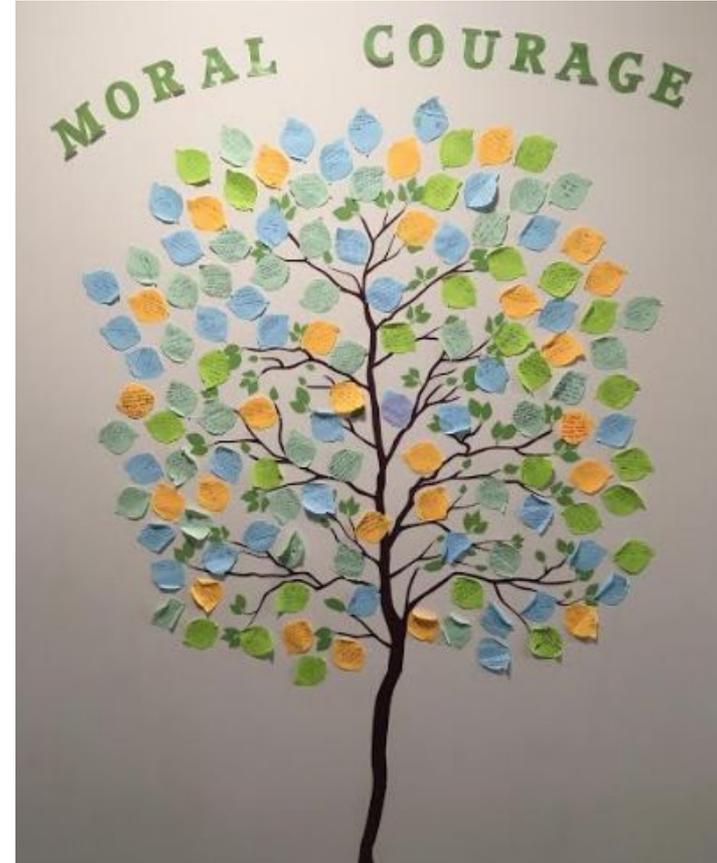
“ quote fancy

**Do you agree with Mark Twain? Why?**

# HEALTHY SCHOOLS

## CHALLENGE:

1. Find the moral courage tree in school and look at the examples of moral courage it has on it.
2. Think about what you stand for - what have you done or could you do to show moral courage.
3. Complete a slip of paper and leave it in the box in reception so that the SGLI students can add a leaf to the tree.



**Goodness is about character, integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people.**

**Dennis Prager // [Quoteistan.com](https://Quoteistan.com)**

**Think this week about how you treat yourself and others in order to be the best person you can be.**