

## TEACHER'S GUIDE TO ADVENTURES FROM THE BOOK OF VIRTUES "COURAGE"

### INTRODUCTION

Adventures From The Book of Virtues offers some of the greatest stories of all time, and reinforces character education in an entertaining, fun way. Adapted from The Book of Virtues, the animated stories illustrate character traits such as honesty, friendship, courage, self-discipline and others. Stories are seen through the eyes of two kids, Zach and Annie, who live in a town called Spring Valley. They deal with the same pressures faced by kids everywhere, but they are able to turn to Plato the Buffalo, who lives in a cave high above Spring Valley. Plato has collected some of the world's great stories and when Annie or Zach are faced with a difficult situation in their own lives, Plato and his pals, Aristotle, Socrates and Aurora, know just the right adventure to offer.

### GOAL: EMPOWERING KIDS

Children love a good story, and many of these stories have been passed down for hundreds or even thousands of years. Why have these stories endured? Quite simply, they present life's most powerful lessons in entertaining, memorable ways which children are able to apply to their own situations.

### GOAL: CHARACTER BUILDING

The stories in this collection reinforce character education: honesty, friendship, perseverance, courage, honor, self-discipline, responsibility, integrity, and work, among others.

*SUGGESTED QUESTIONS will help kids respond to each story.*

*SUGGESTED ACTIVITIES will offer students with specific applications of each character trait.*

### TEACHING OBJECTIVES:

#### **Students will do the following:**

- a. Review and assess each story including identifying the character trait being presented by the main character.
- b. Identify the key "story theme" presented by Zach or Annie, including the challenges they faced in each episode.
- c. Understand how the same "character trait" shown in the stories can be applied to their own lives.

### RESULTS:

#### **Students should:**

- d. Know basic character traits.
- e. Understand each of the character traits being presented.
- f. Be able to apply the character traits to their own lives.

## WELCOME TO PLATO'S PEAK!

### SUMMARY, ZACH & ANNIE STORY:

Annie Redfeather is set to run in a big track meet against her archrival, Bobbie Summers. Midway through the race, Annie hits a hurdle and falls down, causing her to be discouraged about ever running a race again. Stories about courage help to change her mind.

#### "THE MINOTAUR" (Greek myth)

An ancient Greek myth, this is the story of Theseus and Ariadne, a legendary hero and heroine who defeated "The Minotaur," a feared monster who dwelled in the prison-like labyrinth on the island of Crete. By defeating the Minotaur, Theseus secured his own freedom as well as freeing several Greek prisoners who were being held by Ariadne's father, King Minos.

#### "THE BRAVE MICE" (Aesop fable, Greek)

This is the story of mice that boast about their bravery. However, when a cat arrives and true bravery is required to put a bell around the cat's neck, they all cower.

#### "WILLIAM TELL" (Swiss legend)

William Tell was a legendary Swiss hero who stood up against an oppressive leader. His brave actions are said to have helped lead the Swiss people in an uprising against the Austrian rule in the 13th and 14th centuries. He is best known for having the courage (and confidence) to shoot an apple resting on the head of his son.

### DISCUSSION QUESTIONS FOR KIDS:

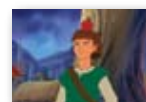
1. Annie didn't want to run the race again. What was she afraid would happen if she ran again?
2. If you were Annie, would it be hard or easy to get back on the track and run another race?
3. What does the word "courage" mean?
4. What did Theseus think would happen if he did not go into the labyrinth to challenge the Minotaur?
5. What was Ariadne risking by helping Theseus? Why did she help him?
6. Describe a recent time in your life that required courage?
7. How does "The Brave Mice" show the difference between talking brave and actually being brave?
8. How did William Tell's son demonstrate courage?
9. Why was it important for Annie to get back on the track and run another race?
10. How do you think Annie felt when she ran the second race?
11. Which of the heroes from these stories was your favorite? Why?

### ACTIVITIES:

**ACTIVITY #1:** Divide your children into several small groups. Have your children make sock puppets of the Minotaur, Ariadne and Theseus and then have them perform the story as a puppet show.

**ACTIVITY #2:** Have your children draw a picture of the cat in "The Brave Mice" looking down at the mice from the loft in the barn.

**ACTIVITY #3:** Make a chart to hang on the wall where your children can record any experiences they have had that required courage. At the end of the week, you can review the events and give praise for everyone's examples of courage.



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COURAGE