



Becoming even more COURAGEOUS in



Multiple Intelligences

Verbal-linguistic

poems, stories,
speeches, commercials

Mathematical-logical

surveys, statistics,
lists, causes and effects

Visual-spatial

collages, photographs,
maps, comics

Musical

songs, instruments,
sound effects, genres

Bodily-kinesthetic

handshakes, postures,
sports, dances

Intrapersonal

autobiographies, mirrors,
protagonists, scrapbooks

Interpersonal

friends, interviews,
skits, competitions

Naturalist

animals, plants,
seasons, environments

Existential

twins, other worlds,
doors to dimensions, destinies



VerBAL-LInGUistic Menu



Write a polite letter to a bully requesting him or her to be more friendly.



Author a story about a character who is particularly courageous, or not courageous at all!



Create a pack of vocabulary flash cards with the definitions of synonyms and antonyms for the word courageous!



Create a newspaper or magazine with articles that cover different stories about courage.



Prepare a speech about how to be courageous and share it in class or at an assembly.



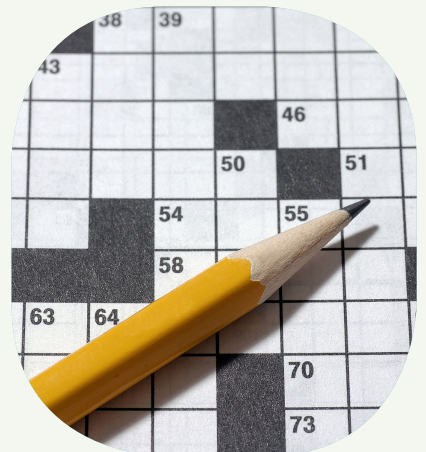
Record a radio program or commercial covering the idea of courage.



Write a poem about courage, such as a haiku, acrostic, or limerick.



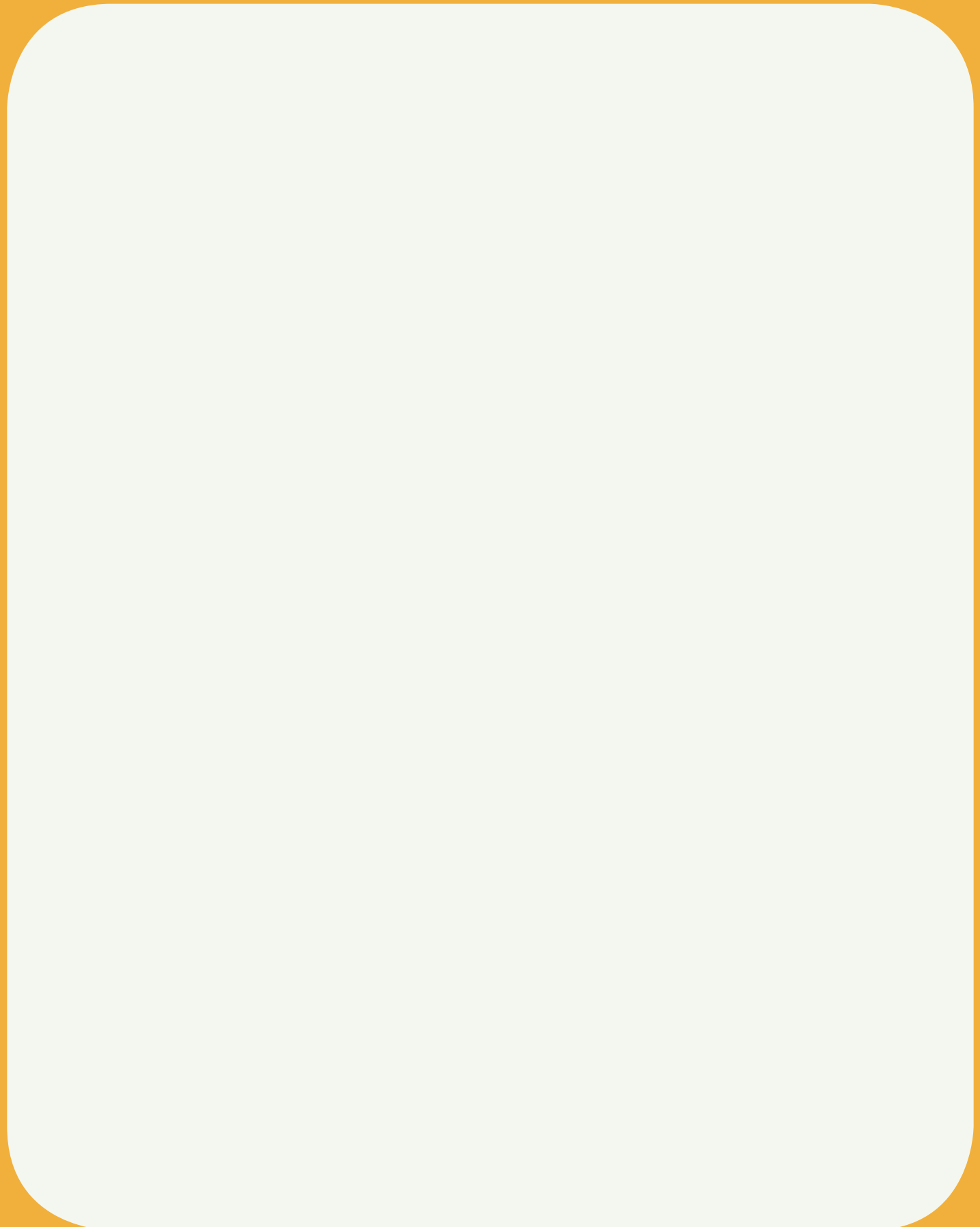
Write a theater play that focuses on courage. Plan and perform the play in front of your class!



Create a crossword puzzle or word search using nouns and verbs that connect to courage.

My VerBAL-Linguistic Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



MATHEMATICAL-LOGICAL MENU



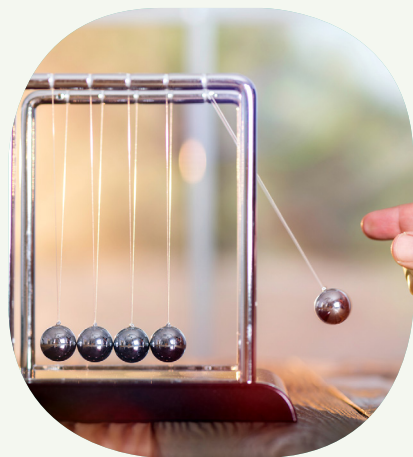
Make a list of your problems and order them from the least to greatest amount of courage it takes to solve them.



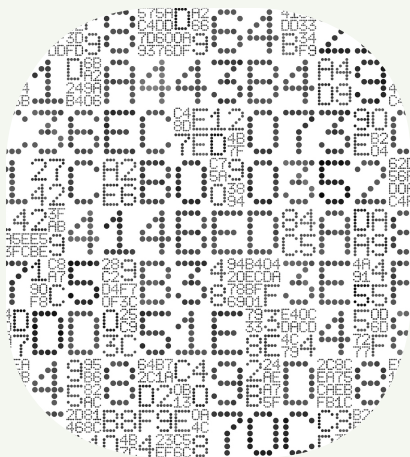
Survey your classmates about how courageous they feel on a scale of 1-10. Analyze the mean, median, and mode.



Tally signs of courage from others on the playground and conclude which days/times courage happens most often.



Analyze your most courageous and most nervous moments to identify factors that cause these.



Create a secret code for courageous messages using numbers, letters, or symbols.



Interview others about their fearful moments to determine and analyze trends in causes of fears.



Imagine your toys at home are alive and organize them by levels of courage.



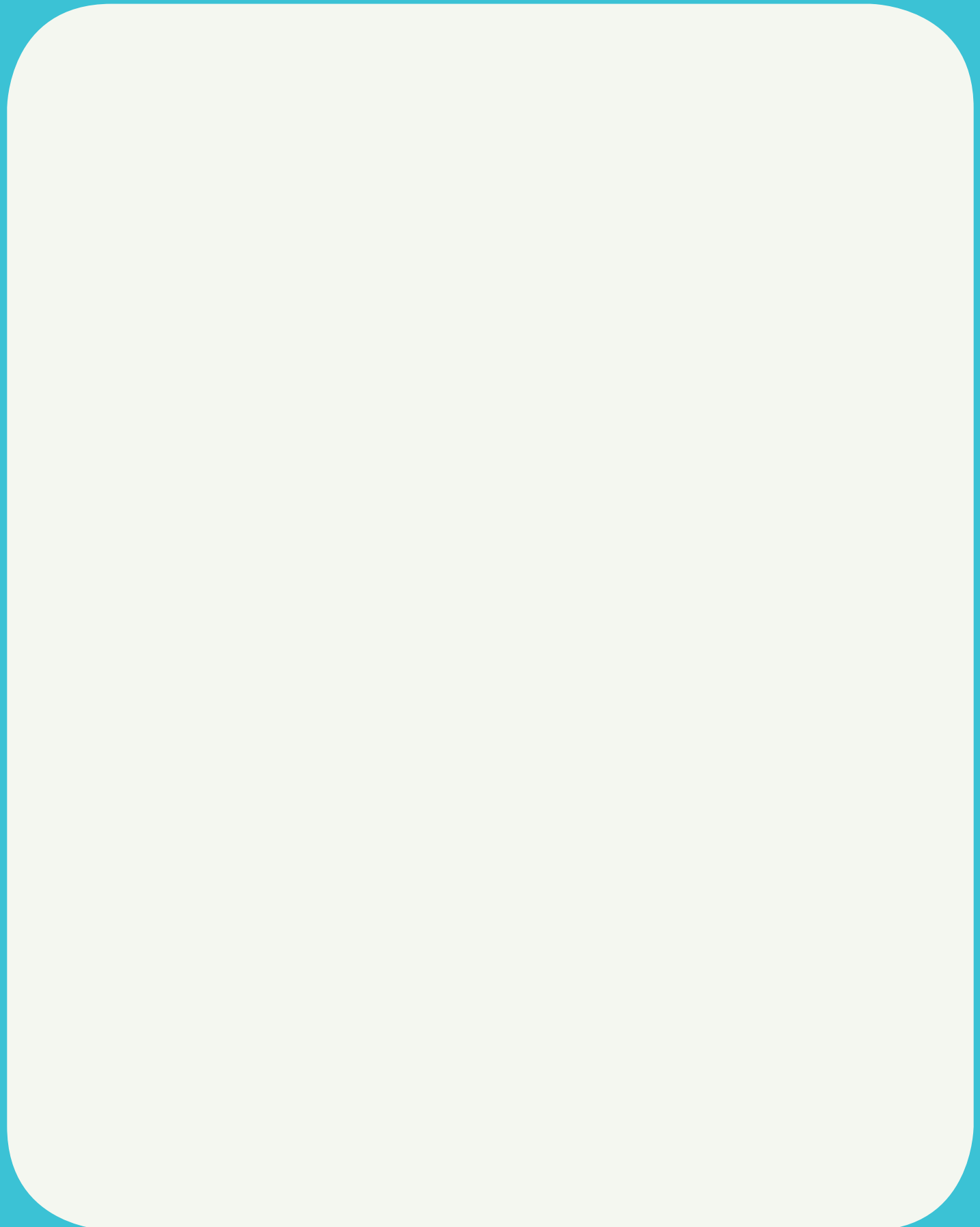
Using the scientific method, design an experiment that could test a question about measuring courage or fear.



Chart your blood pressure before and after trying new things like eating new foods or meeting new people.

My MATHEMATICAL-LOGICAL Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



VISUAL-SPATIAL Menu



Organize a collage of courageous pictures you find in old magazines and newspapers.



Take artistic photographs of courageous people you see around you.



Design a symbol or logo that stands for fear and cross it out.



Invent a place called Courageous Island and make a map of it.



Draw a courageous illustration and then cut it into pieces to play with as a jigsaw puzzle.



Redesign the cover of this book.



Paint an abstract painting of courage.



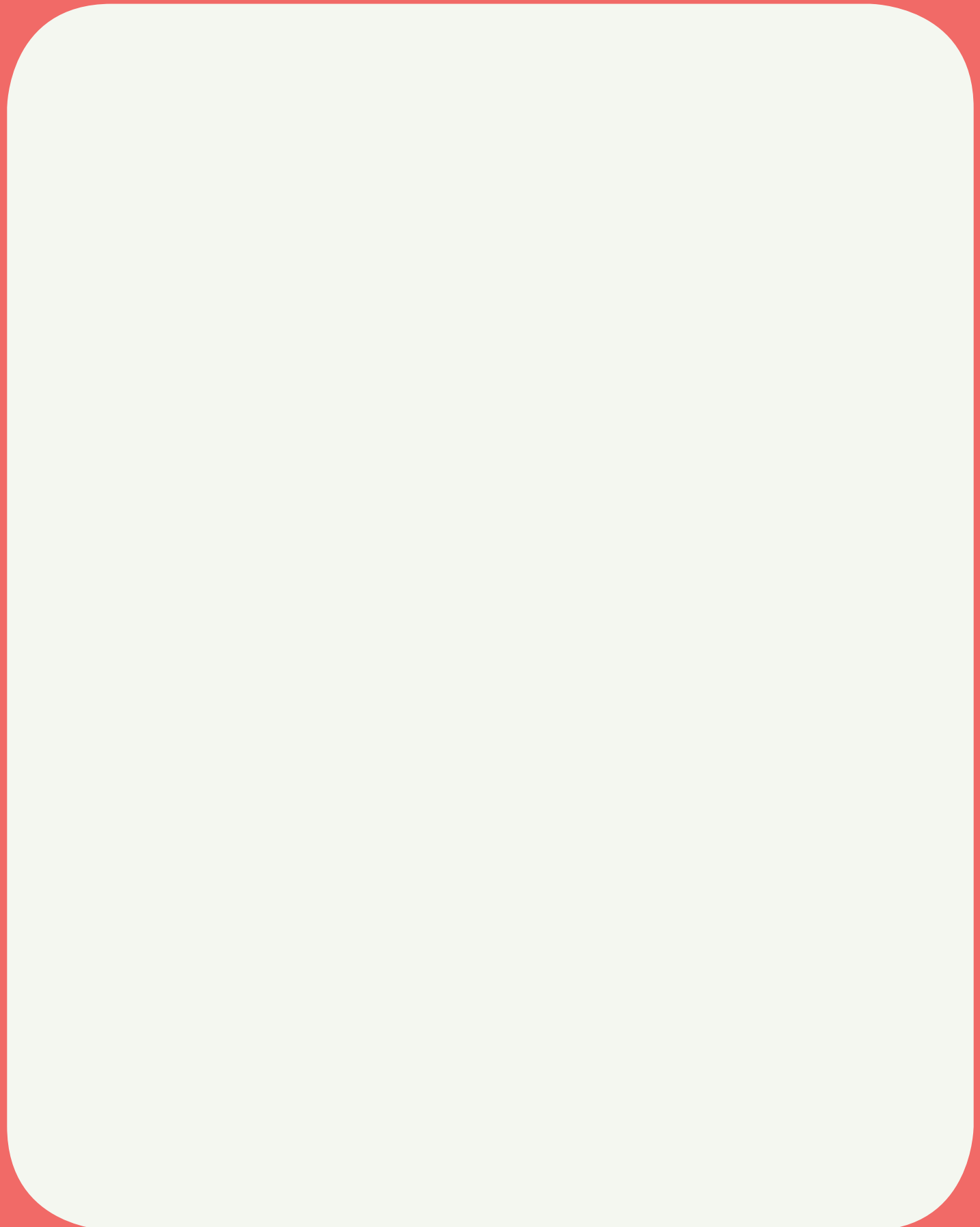
Create a comic strip depicting brave characters or telling a story about brave moments in your life.



Experiment with new media and choose an art form that you feel represents courage the best.

My VISUAL-SPATIAL Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



MUSICAL Menu



Choose one of your favorite songs and rewrite the lyrics to include messages about courage.



Find a story or poem about courage and set it to your own music.



Experiment with different instruments and determine which one produces the best courageous notes.



Write your own courageous musical composition.



Explore how an element of music might be used to add courage to a piece (rhythm, dynamics, tempo, form, melody, harmony).



Sing a song about courage in front of a live audience.



Write and perform a rap about overcoming fears and anxiety.



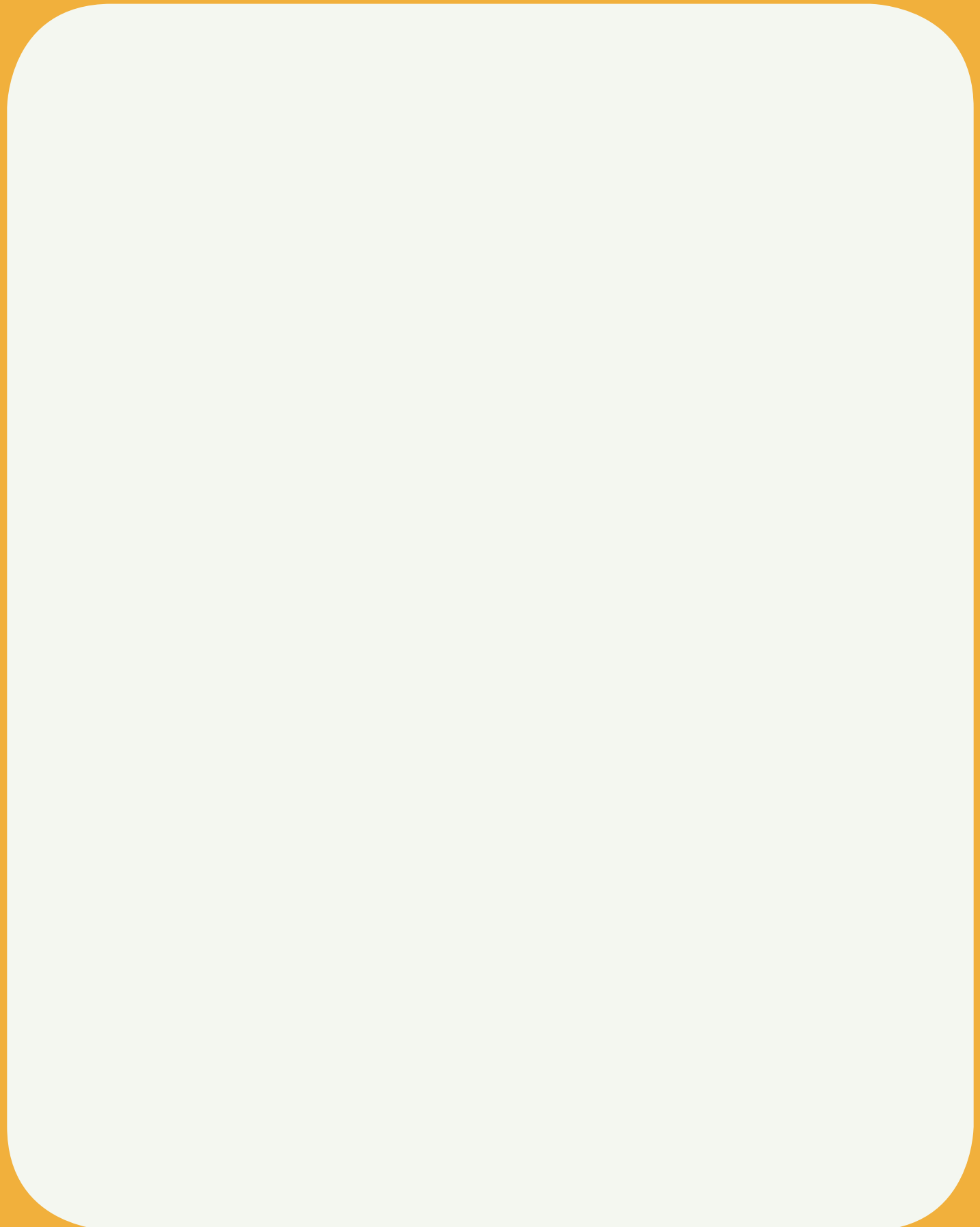
Listen to different music genres and determine how different styles portray courage in different ways.



Record sound effects of everyday objects and determine which ones are most courageous and/or most fearful.

My Musical Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



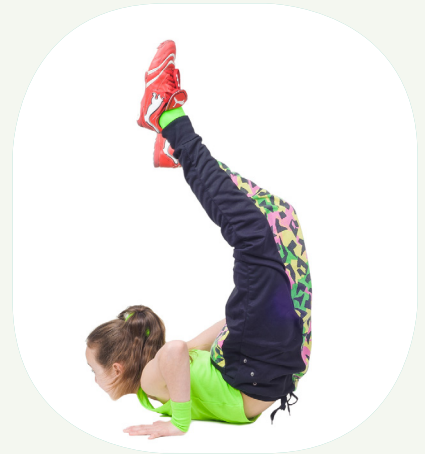
BODILY-KINESTHETIC Menu



Collect and photograph a variety of courageous facial expressions.



Invent a secret handshake that will pump you up before you're about to do something courageous.



Create different yoga poses that symbolize courage to help drive fear from your body.



Make a collage or video montage of brave moments in sports.



Invent a new sport where players earn points for showing courage.



Play charades and act out moments of challenge and courage.



Learn different cultural dances that celebrate bravery.



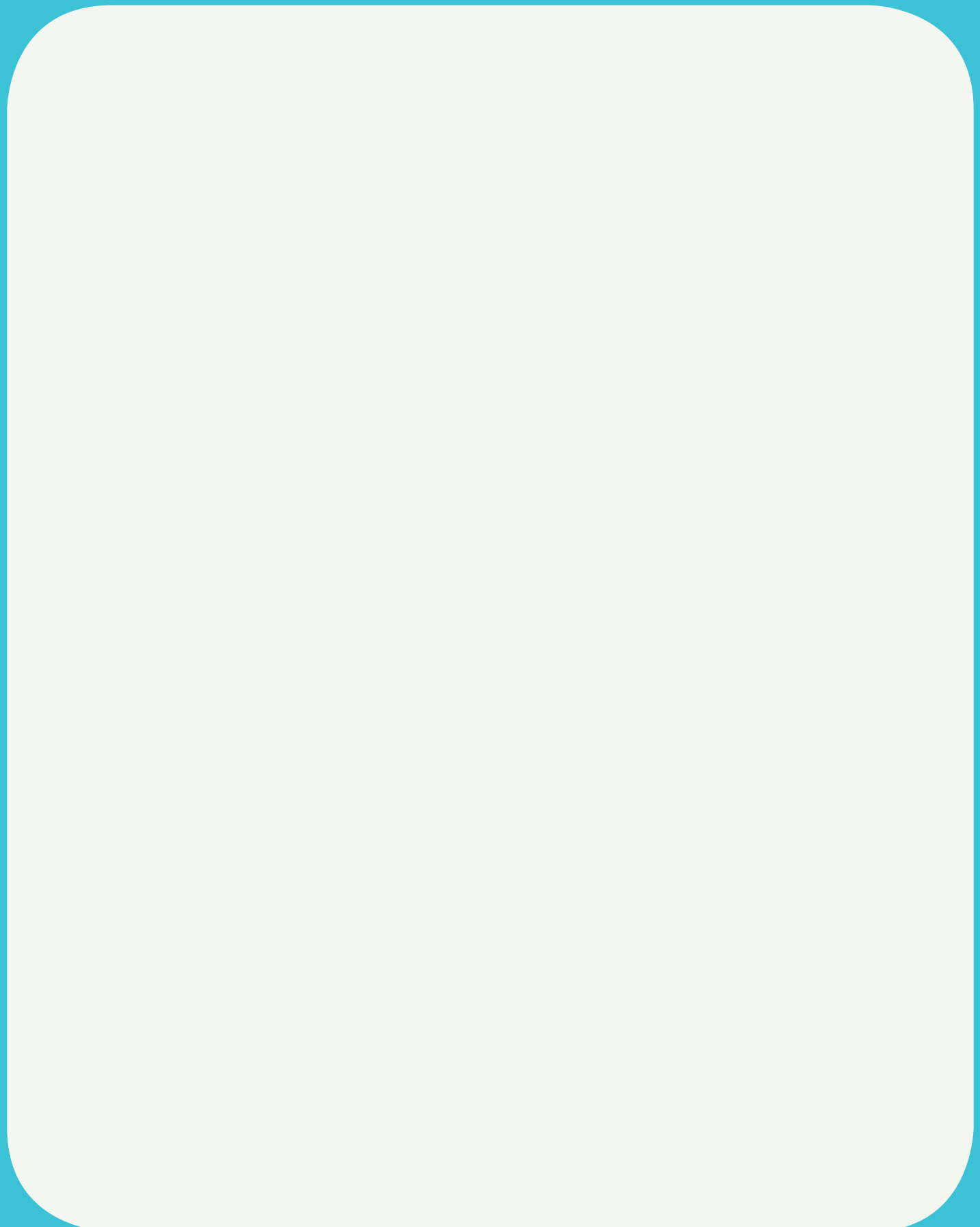
Create an exercise routine that will warm you up before you want to do something that makes you nervous.



Design a courageous costume, mask, or uniform and try it on for size.

My Bodily-Kinesthetic Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



IntrAPersonAL Menu



Write an autobiography highlighting your bravest moments, and include a chapter that happens in the future.



Look in the mirror and draw a self-portrait that highlights the bravery in your eyes and facial expression.



Find a quiet place to talk to yourself, admitting your fears and complimenting your courage.



Make graphs that record data about your courageous moments or your fears.



Choose a character from a movie who you admire and compare and contrast yourself to him or her.



Make a list of things that make you nervous and develop goals to help you overcome these fears.



Rewrite a story and add yourself as a hero who saves the day!



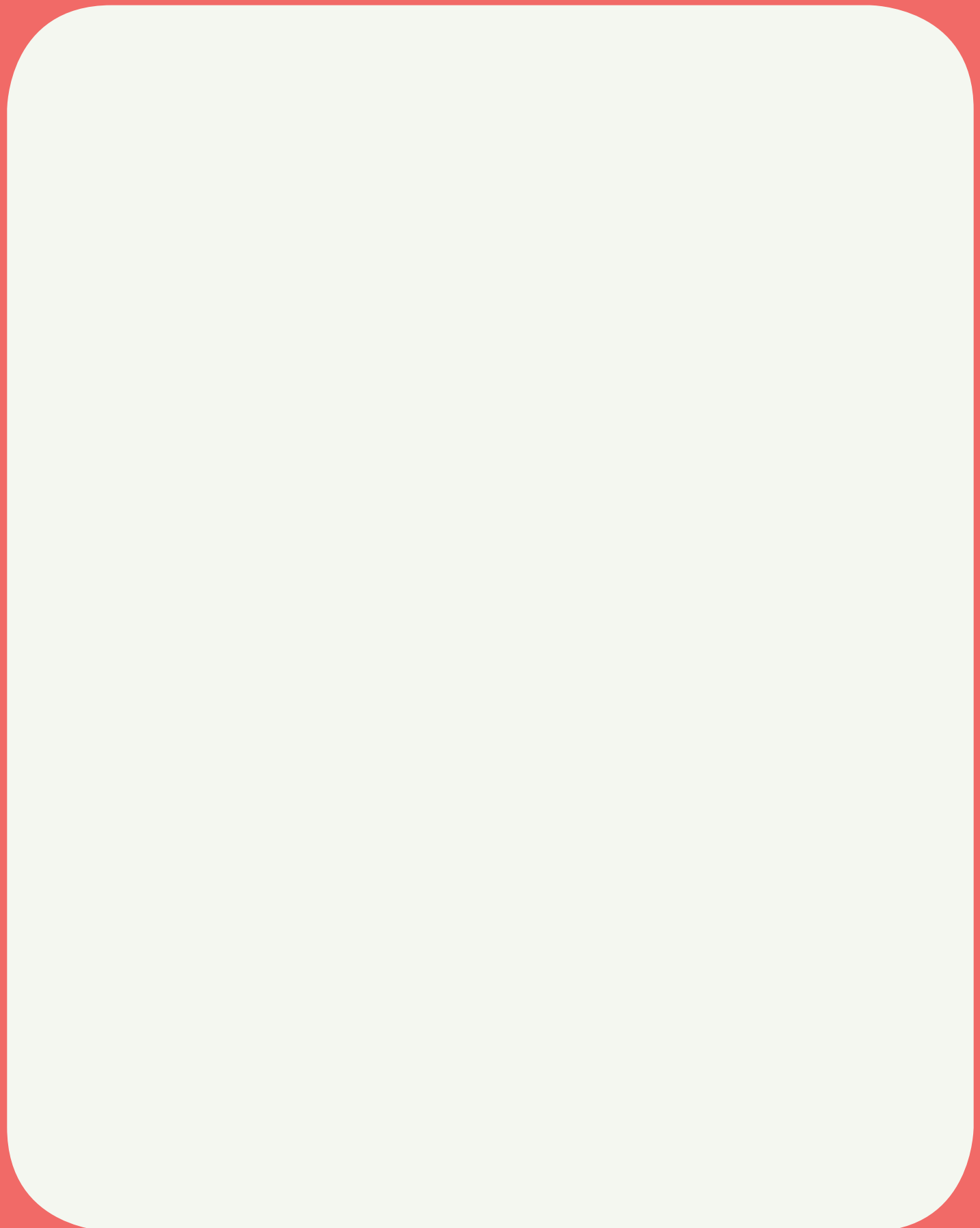
Create a scrapbook of your bravest moments with images, words, or objects that remind you of these moments.



Make a timeline of all the challenging moments in your life that took courage for you to overcome.

My IntraPersonal Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



InterPersonal Menu



Invent a board game that requires players to show courage, and then play it with your friends!



Visit classrooms of younger students and present a pep talk about being courageous.



Explore new friendships with older students you admire but have never approached before.



Interview others to get their perspectives on what it means to be brave or stories about courage.



Organize a friendly competition to see who's the most courageous in your class.



Play with someone new until you've had quality playing time with every single classmate.



Create a play or puppet show and perform it in front of a live audience.



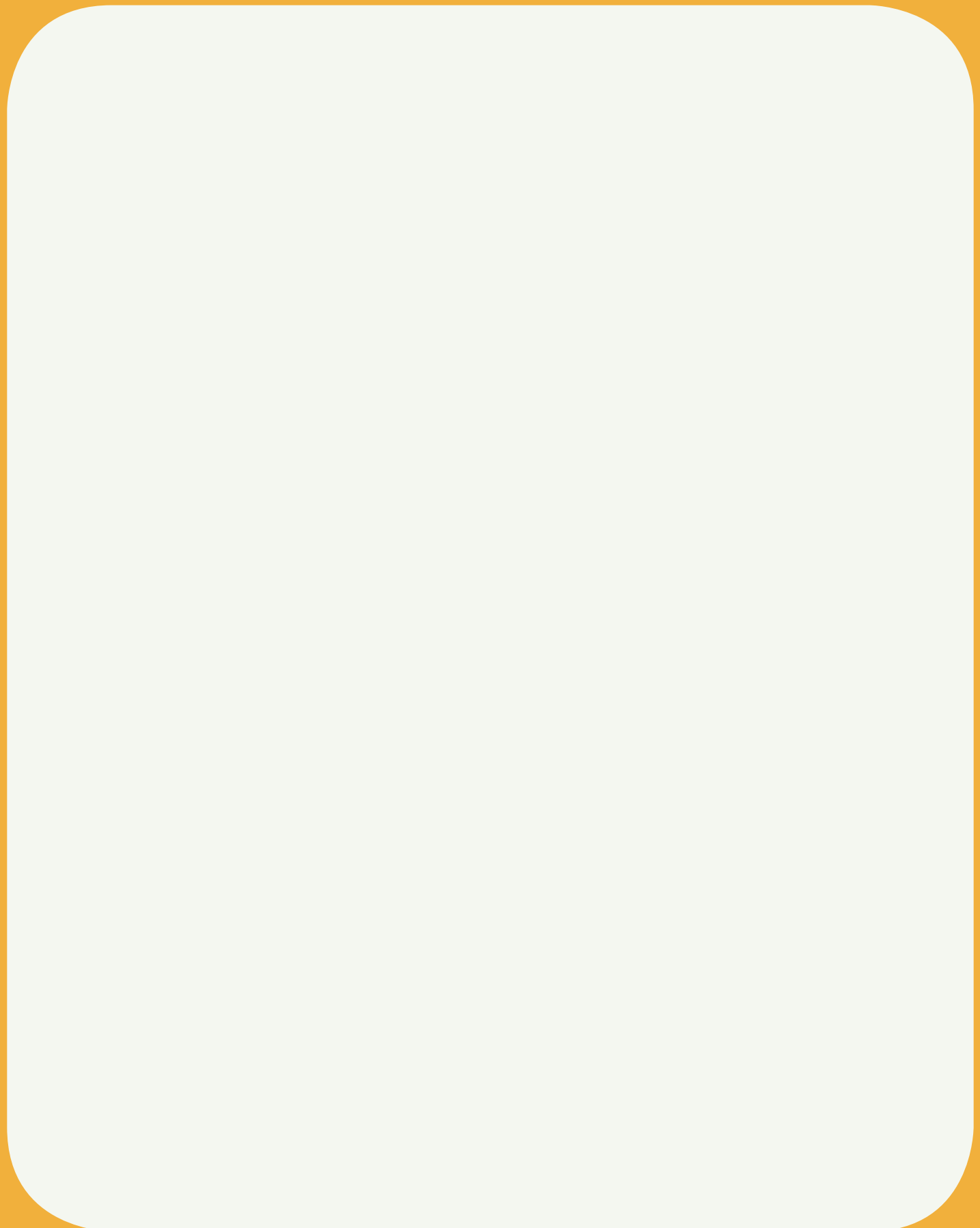
Organize a group of friends to help younger students when they're nervous or afraid.



Teach a lesson on how to become even more courageous to your classmates.

My InterPersonal Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



Naturalist Menu



List the various natural environments near you. Explain which one is best for a brave adventure.



Collect objects from nature that symbolize courage and make a collage.



Nominate winners for the Most Courageous Animal, Plant, Land Formation etc. and explain why they win.



Engage with an animal you're afraid of, or learn more about it to discover its respectable qualities.



Decide which of the 4 seasons requires the most courage from plants and animals.



Create a project that honors a migratory species which needs courage to overcome challenges on its journey.



Explore an area of nature that you've never been to before.



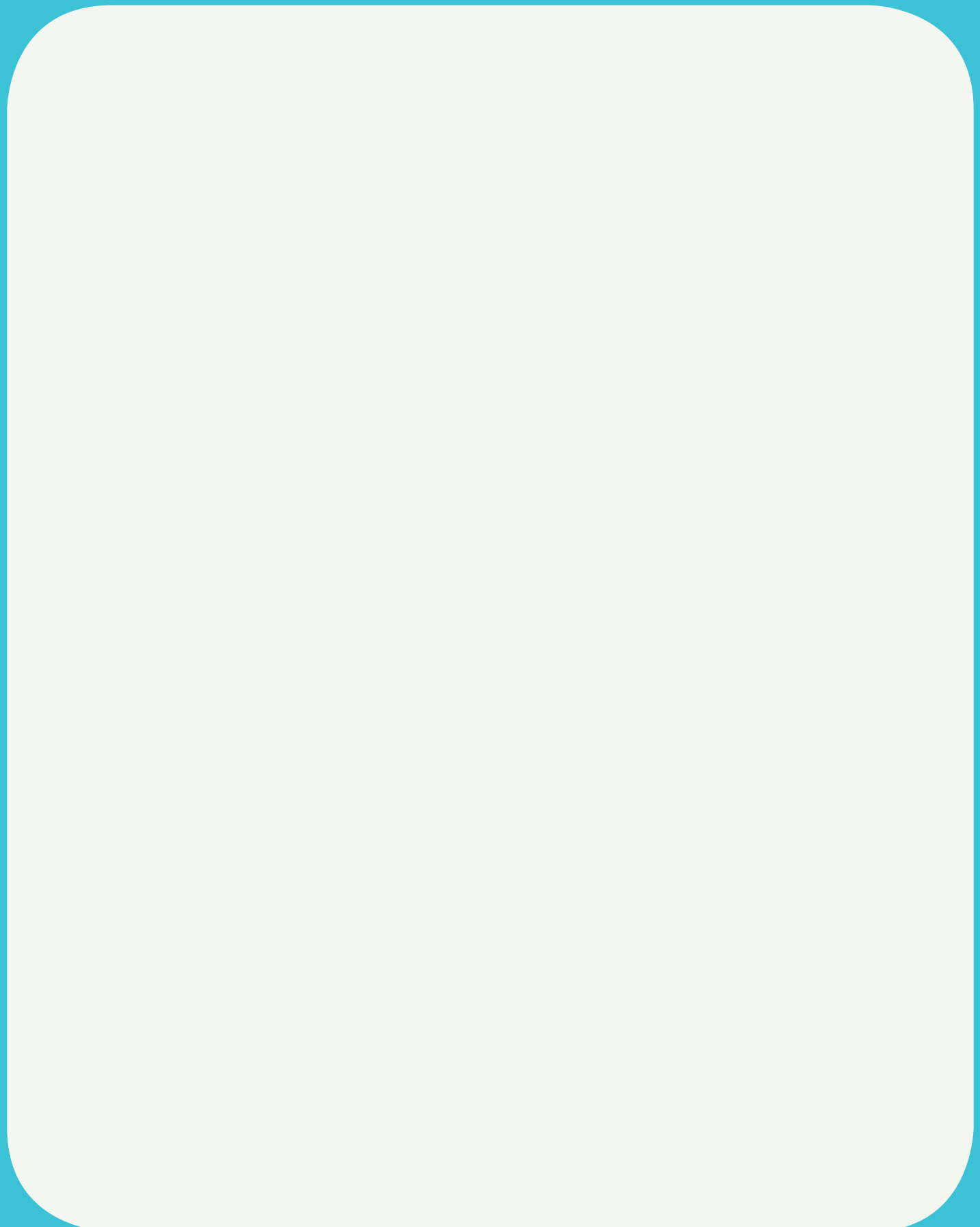
Write a field trip proposal to your teachers explaining how nature makes children more courageous.



Take pictures of moments where nature looks brave, and create a collage or digital presentation.

My Naturalist Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



Existential Menu



Create a story about how artificial intelligence would need courage under specific circumstances.



Experiment to determine if courageous thoughts can be communicated via the theory of telepathy.



If there were doors to other dimensions, show how you could use them to advance your courageous approaches to life.



Harness your courage to defend your theory of how the universe came to be.



Construct a series of events that would require the most courage and explain how to handle them if people could time travel.



Write a conversation you would have with your twin from a parallel universe if you discussed life courage.



Explain how choosing your own destiny requires great courage.



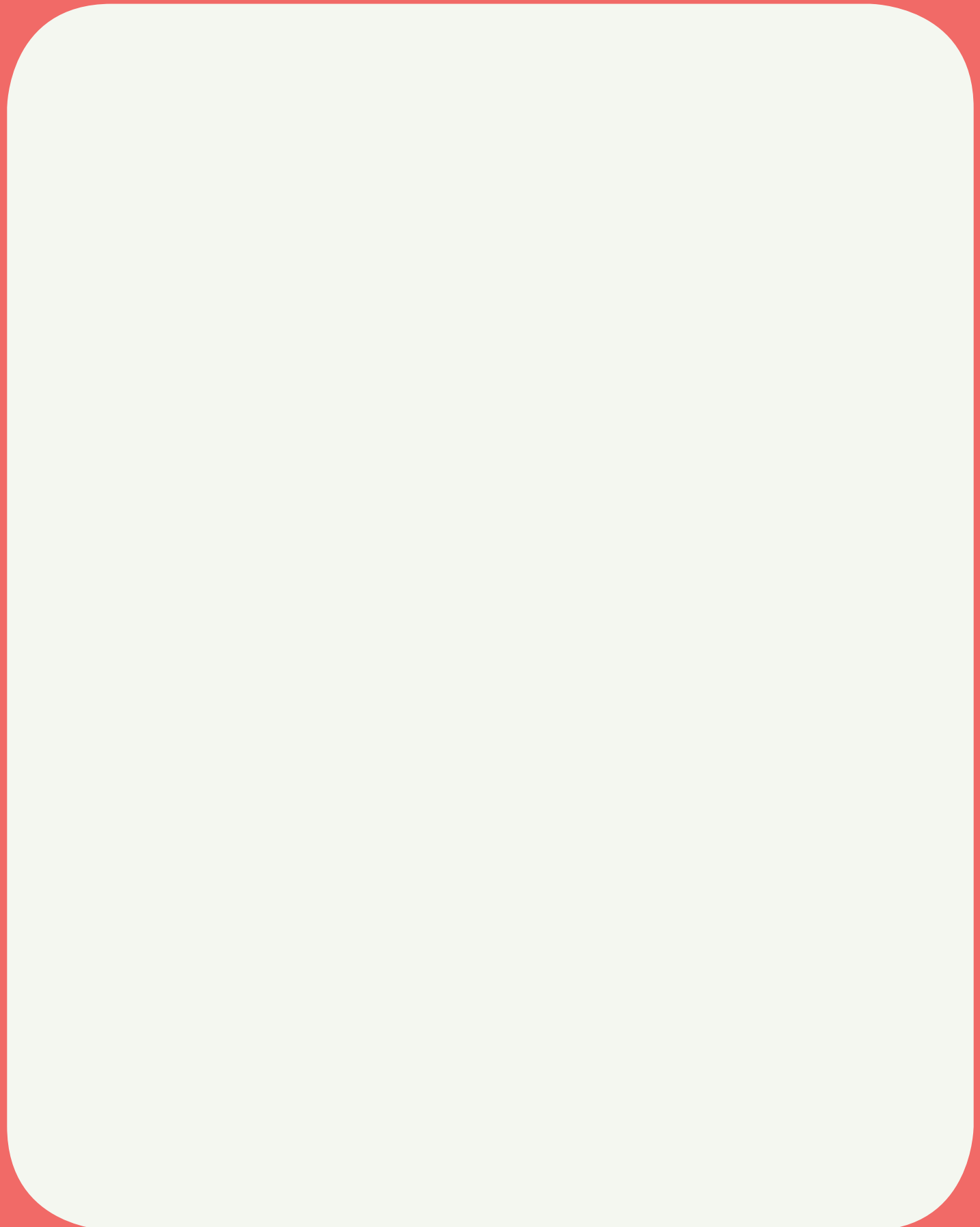
Write a new World Turtle mytheme about a creature carrying the world along a courageous journey.



Design another world where different kinds of beings display courage in a different way than what we know.

My Existential Selection

Complete an activity from the menu and share what you learned about courage from this experience. You might write a summary, draw a picture, sketch a storyboard, or choose another way to present your findings.



Multiple Intelligences Reflection

How does your preferred intelligence influence how courageous you are?

1

Which intelligence did you connect the least with?
Why do you feel this way?

2

If you could select a different activity from a menu to complete, which would it be and why?

3