



Becoming even more COURAGEOUS in



The Arts

Visual Arts

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.....

Music

The Beat of Bravery
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Dance and Movement

Strike a Pose
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.....

Drama

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.....

Media Arts

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BODY PAINT



The people of the ancient Aztec, Inca, and Mayan cultures would sometimes decorate themselves in body paint before special ceremonies and battles. The eagle warrior was a particular symbol of courage.

Why do you think this symbol showed courage?

Following the style of this eagle warrior, design your own symbol that you could paint on your body before your next confrontation with fear. What image would give you strength?

MASK TASK

Masks have been created and worn for centuries across cultures all over the world. Which mask below would you wear to a Ceremony of Courage? Why?



Design a mask in the space below to be worn by someone who is afraid to do something. Bring your mask to life by creating it with a paper plate and other art supplies!



THE BEAT OF BRAVERY



The beat of music has been called the heartbeat of a song. Choose a song you like that has a beat to it that makes you feel strong, courageous and motivated to do something positive for yourself or others. Describe how the beat can create this mood.

Song title: _____

How the beat creates the mood: _____

Close your eyes and imagine how your heart beats from the moment you know you need to be brave until the moment after your courageous act is over. What journey does your heart take? Experiment with different instruments and compose a short piece that represents the musical crescendo of courage. Describe below how you used 3 instruments in different ways. Then put them together and record your song to play for your family and friends!

Song title: _____

Instrument 1: _____ Describe your beat on the lines below using words or notes.

Instrument 2: _____ Describe your beat on the lines below using words or notes.

Instrument 3: _____ Describe your beat on the lines below using words or notes.

HISTORICAL TUNES



Music has been enjoyed by people and communities for thousands of years, serving hundreds of purposes.

What purpose does music serve in your life?

Research the role music played in a past society and choose one culture that used music specifically for conjuring up courage before particularly stressful moments, such as war, sickness, or coming of age. Describe how some of the musical concepts below were used for this purpose.

Instruments



RHYTHM



HARmony





Repetition



STRIKE A POSE

Study the different people on this page and circle the risk-taker you feel is showing the most courage through dance. Explain why you chose your selection.



Can you imitate the positions above? Create some of your own moves that capture courage in a single position. Describe your pose, illustrate your pose, or glue a photo of yourself below.

Blank space for drawing or writing.

A BOLD BOOGIE

Analyze these dance forms and explain how they could represent a Dance of Courage.



Now get up and dance! Choreograph your own Dance of Courage and use the space below to describe it and explain how it tells a story of courage. Include illustrations and photographs as well!

A large white rectangular area for drawing and writing, framed by a red border. This space is intended for students to create their own Dance of Courage, including descriptions and visual representations.

PUPPET POWER

Think about a puppet show you've seen. How did the characters and story reflect problems of people in real life? If you've never seen a puppet show, think of a cartoon you've seen, as puppet shows are sort of like live cartoons.

Perform your own puppet show in which a puppet solves a problem with courage. First use the space below to sketch some ideas for your puppet designs and then brainstorm what will happen in your story.

PUPPET DESIGNS

STORY IDEAS



Someone Else's Shoes

You may have heard of the popular phrase that claims you can't truly understand someone unless you walk around in their shoes. Doing this requires you to role-play and pretend you are someone else. How does role-playing help you understand someone better?



With 2 partners, choose a typical situation in the lives of kids your age where courage is required. It might involve bullies, friends, teachers, family members, school work, sports.... Create a scene with 3 characters and reenact the situation 3 times so each of you has the opportunity to play the role of every character. Then reflect on how playing the different roles helped you better understand the courage represented in this skit.

Role 1

Role 2

Role 3

SHOW THOSE PHOTOS

Study this photograph and explain how some of the elements of photography are used to create a sense of courage in the scene.



Take your own photos that include elements of photography that create a courageous mood or effect. Explain how you used some of these elements below, and post one of your photos in the box on the right.

Elements of PHOTOGRAPHY

LINE (paths): _____

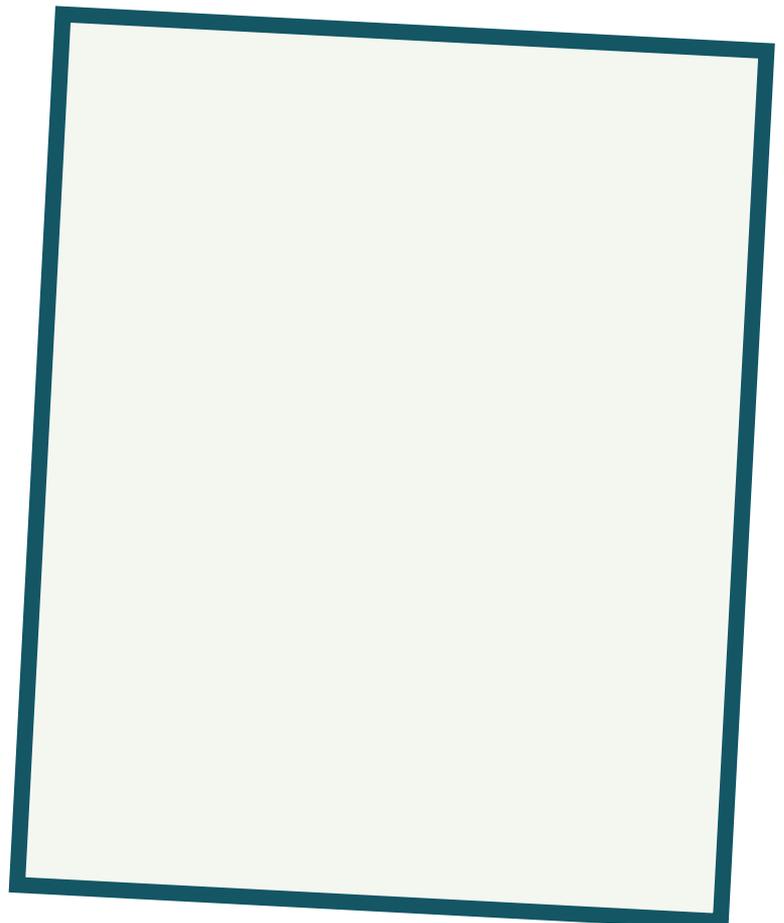
FORM (3D objects): _____

TEXTURE (details on forms): _____

PATTERN (repetition of elements): _____

COLOR (warm, cool, primary, etc.): _____

SPACE (distance between elements): _____





Moment of Truth

Find a moment in a movie when a character shows courage and describe how some of the elements of video in the box to the left help to create the courageous mood in the scene.

- SOUND effects
- CLIP DURATION
- MUSIC
- SUBJECT
- LIGHTING
- SCENERY
- CAMERA ANGLE
- DIALOGUE

Movie title: _____

Moment of truth: _____

Some elements and how they create a mood of courage: _____

Record your own moment of truth or brief scene where a character shows courage in a situation. Describe your scene below and explain how you used some of the elements of video to enhance the courageous effect.

Scene description: _____

Elements manipulated to create a courageous mood: _____

Arts Reflection

What might other students think about your courage if they looked at your work in this chapter?

1

What was one positive experience you had when completing these activities?

2

How would you rate the pages in this chapter from 1 (fun) to 10 (boring)? Why?

3