



## AT HOME SONG OF SITTING BULL

### FOUR LAKTOA VIRTUES: COURAGE

The great Native American Chief, Sitting Bull, led his people with wisdom, generosity, fortitude and courage—The Four Lakota Virtues—as they warred for a way of life they could not save. We also face great challenges in our time and these Virtues are as important now as they were then. So we hope his story will remind us that there is no Courage without fear. Have YOU ever been scared, yet somehow found a way to be brave...or wished you had?

**Watch the three stories on the AT HOME: COURAGE webpage.**

**Then, choose one of these stories and discuss the following questions with your family, teacher, classmates or friends:**

- ◆ How did the storyteller show bravery? What were they afraid of? Would you have been scared in their situation?
- ◆ How did they overcome their fear? Do you feel that you would have been able to do the same?
- ◆ As they faced their fear in the story, what did they learn about themselves? Does their experience remind you of a time in your life when you surprised yourself and did something brave? If so, how did you manage to overcome your fear? How did you feel once you did, and what did you learn?

**Finally, choose one of these ways to explore Courage in your life:**

- ◆ Caption a photograph of Courage and explain why you chose it.
- ◆ Create a piece of art work that shows what Courage means to you.
- ◆ Tell your own story of Courage in writing and/or short video.

**Then when you are done, we hope that you will share your work with your classmates and, if you would like, ask your parents or teachers to share your work with us. Together We Grow!**