

# **BALLAD OF SITTING BULL COURAGE**



The great Native American Chief, Sitting Bull, was admired for his courage, generosity, fortitude, and wisdom: The Four Lakota Virtues. He led his people as they warred for a way of life they could not save. His story teaches us that Courage is always born out of fear. Have you ever been scared, yet somehow found a way to be brave?

**Watch the three stories of Courage on the AT HOME webpage.**

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

1. How did the storyteller show bravery? What was she/he afraid of? Would you have been scared, in their situation?
2. How did they overcome their fear? Do you feel that you would have been able to do the same?
3. As they faced their fear in the story, what did they learn or discover 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 three ways to explore Courage in your life:**

4. Write your own story of Courage in at least one full page.
5. Caption a photograph or do a piece of art work about Courage.
6. Tell your Courage story in your own short video.

**And when you are done, if you would like, ask your parents or teachers to share your work with us. Together We Grow!**