



I Have a Brave Heart

Me and Myself

My Day

1. Circle how you feel today.



2. Why do you feel this way?

3. What made you happy today?

For the teacher:

Ask the students to say briefly how they feel on this day and why. Ask them to think of something they are glad about, even if they do not feel happy, and note it.



Warm up



Think about a time when you tried something new, even though you felt scared or nervous.

Discuss in class.

- What was the new thing you tried?
- What about it made you feel scared or nervous?
- What helped you be brave and try it anyway?





Read and understand

How the Little Kite Learned to Fly

"I never can do it," the little kite said,
As he looked at the others high over his head;
"I know I should fall if I tried to fly."
"Try," said the big kite; "only try,
Or I fear you never will learn at all."
But the little kite said, "I'm afraid I'll fall."

The big kite nodded: "Ah, well, good-bye;
I'm off"; and he rose toward the **tranquil** sky.
Then the little kite's paper **stirred** at the sight,
And **trembling** he shook himself free for flight.
First **whirling** and frightened, then braver grown,
Up, up, he rose through the air alone,
Till the big kite looking down could see
The little one rising **steadily**.

Then how the little kite **thrilled with pride**,
As he sailed with the big kite side by side.
While far below, he could see the ground,
And the boys like small spots moving round.
They rested high in the quiet air,
And only the birds and clouds were there.
"Oh, how happy I am," the little kite cried;
"And all because I was brave, and tried."



Katharine Pyle

tranquil: calm
stirred: moved
trembling: shaking

whirling: spinning
steadily: without changing
thrilled with pride: felt excited, happy and proud

A Complete these sentences.

1. In the beginning, the little kite did not want to fly because _____
_____.
2. When the little kite started flying, he first felt _____,
but then he became _____.
3. The big kite helped the little kite by _____
_____.
4. At the end, the little kite felt proud because _____
_____.

B These are some moments from the poem. Tick (✓) the one that you think is the little kite's most courageous moment and explain why you think so.

➤ Saying, "*I'm afraid I'll fall*"

☐

➤ Watching the big kite fly away

☐

➤ Shaking himself free and trying to fly

☐

I think this was the most courageous moment for the little kite because



Do it yourself

A Lionheart is someone who shows courage by doing something new or by doing the right thing even when it is hard.

Make a star using paper or cardboard. This is your Lionheart star. You can follow these guidelines.

- Think of a time when you were courageous and write a short sentence about it on your star.

- Form a circle in the classroom and share your experience with your classmates.
- With the help of your teacher, arrange the stars on a board. This will be your class's Wall of Courage—where brave moments are celebrated!

Me and My Wellness

Being courageous does not mean that you never feel scared. It means that you try even when you feel scared.

Think about some everyday moments that can feel scary. What can you do when you feel nervous?



Read this table and complete it.

If I have to...	I worry that...	So I...
visit the doctor for an injection,	it might hurt.	hold my parent's hand and try to be brave.
read aloud in class,	I might make a mistake.	
tell a teacher or an elder about a problem I have,		
ask for a turn in a game with new friends,		
introduce myself to a new neighbour,		

For the teacher: Encourage students to be brave in and outside school. Explain the difference between being brave and being reckless so that they understand that true courage involves thought and care, not taking unnecessary risk.

Me and My World

We can show courage by helping others and standing up for what's right. This is important because it makes the world a better and safer place for everyone.

For the teacher: Introduce brave Indian heroes and freedom fighters. Ask the students if they know a brave person and ask them to share their stories.

Work in groups. Your teacher will give each group one of these situations. Discuss what you can do in this situation.

- Someone throws garbage on the road.
- A student is being bullied in your classroom.
- Some students leave the classroom messy.
- Someone hurts an animal.
- Your uncle drives his vehicle without stopping at any red traffic lights.



Now I know



Circle the correct smileys to show if you understand these.

I should try new things even if they seem scary at first.	  
I should not be afraid to ask for help when I need it.	  
Even small acts of bravery are important.	  