

*Who is brave?*

"I am brave! God is bigger than my fear.  
I am safe in His loving hands."

*What does God say?*

"Be strong and courageous. Do not be  
afraid; for the Lord your God will be with  
you."

Joshua 1:9 (NIV)

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## Teaching Objectives

for use in evaluations

1. Teach students to use a tool to communicate how afraid they feel by using the **fear calculator**.
2. Teach students to use a tool to communicate how brave they feel and how much help they need or want from a coach by using the **bravery calculator**.
3. Teach students to express specifically what's causing their fear if possible.
  - a. Ex. Child rates the rock wall as orange.  
**Ask questions:** "What is it about the rock wall that makes you afraid?"
    - i. "It's too high." "I'm going to fall." "It hurts my fingers."
  - b. **Empathize and encourage:** "Being afraid is no fun! I used to be afraid of \_\_\_\_\_. But (person) helped me get over my fear by \_\_\_\_\_ until I could do it myself. Now I love doing \_\_\_\_\_! So I'm going to help you by \_\_\_\_\_ until you can climb this wall all by yourself."

Remember, your goal in teaching your student bravery is to provide the *right amount of help*.

- Every activity/skill that you can encourage your students to do *without* assistance creates a feeling of strength and reduces fear. Keep filling their minds with how strong they're getting, how **brave** they're becoming, and how cool it will be to do the skill as you offer less and less help.
- Unnecessary help may keep your students dependent on you, slowing their growth in confidence.

# Winter 2023 CT Jr Version: "I Am Brave"

## Who is brave?

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### 2023 Winter

#### COURAGE

December 5 - March 4

Closed:

Dec 24-31: (Christmas - New Year's Break)

Feb 28: (Spring Staff Training)

December 2022						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## Story: God Is Greater Than Keene's Fears

### Main Points Each Week:

Week 1 Intro: I can grow braver by asking someone I trust to help me beat my fear.

Weeks 2 -3: God gives me good people to help me get past my fears.

Weeks 4-6: I can do something to calm my fear when I feel scared.

Weeks 7-9: I fill my mind with good thoughts and pictures to protect myself from unnecessary fears.

Weeks 10-11: I don't let scary thoughts grow big. I immediately DO something to help me change my focus.

Week 12: I can grow braver by asking someone I trust to help me beat my fear.

### Keep Your Eyes on the Stars

Week 1: [Fear and Bravery Calculator Supplement](#) / Have a copy of these accessible at CT stations and on a wall near all events for easy reference.

Week 2: Add all pictures to wall / [Copies of both calculators and the parent instructions to hand out.](#)

Week 3: Hand out: [Glow-in-the-dark stars](#)

### When I Am Afraid, I Will Trust in You

Week 4: Add all pics to wall / [Supplements 2a, 2b](#)

Week 5: [When I Am Afraid I will Trust in You](#)

Week 6: [Supplement 4 - coloring page](#)

### Fill Your Mind with God

Week 7: Add all pics to wall

Week 8:

Week 9:

### Treasures Hidden in the Darkness

Week 10: Add all pics to wall

Week 11:

Week 12: Review week. Have visuals separated and ready to play Who Remembers.

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### **Week 1: Dec. 5-10 (No story)**

1. **Intro:** This season we're going to learn how we can be brave *even* when we're afraid of something. Everyone has fears - even big, strong adults. *(Coaches: consider sharing an appropriate fear you have)* Everyone needs to find a way to get past their fears. If you let your fears have control, your life won't be as fun. You won't be able to do a lot of things that make you a better person and you might not even be able to help someone when they really need it.
2. **Teach and repeat the declaration, verse, and sign language several times.**
3. **Lesson 1: I can grow braver by asking someone I trust to help me beat my fear.**
  - a. What are some things that make you feel afraid?
    - i. *If no one answers, suggest spiders, snakes, the dark, being alone in the house, big dogs..*
  - b. What might happen if someone never learned how to get past fear of the dark?
    - i. *They might not enjoy camping; they would always be afraid if the power went out; what would they do if their dog ran out the door at night?*
4. **Read through and discuss the **Calculators Supplement**.**
5. **Dismissal:** Practice declaration, verse, and sign language once more.

**I can grow braver by asking someone I trust to help me beat my fear.**

### **Planning Notes:**

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# Winter 2023 CT Jr Version: "I Am Brave"

## **Who is brave?**

"I am brave! God is bigger than my fear. I am safe in His loving hands."

## **What does God say?**

"Be strong and courageous. Do not be afraid; for the Lord your God will be with you." Joshua 1:9

## Week 2: Dec. 12-17

### 1. Practice declaration & verse along with sign language.

### 2. Lead-in:

- Who remembers what we're learning about this season? (*How we can be brave even when we're afraid of something.*)
- Have any of you ever been afraid of the dark? (*Show the fear calculator and ask them to rate themselves according to color.*)
- Our story today is about a boy named Keene who is afraid of the dark. After we listen, tell me what color you think he would be on this chart.

### 3. Lesson 2: God gives me good people to help me get past my fears.

### 4. Listen to Chapter 1 of story and show pictures: **Keep Your Eyes on the Stars**

### 5. Questions (Choose one or more that best fits your class)

- How afraid would you say Keene is of the dark?
  - Show fear chart and ask them to pick a color.
- What did Keene's big sister do to help him?
  - She put glow-in-the-dark stars on his ceiling; She told him to remember that Dad was in the room above those stars and he would come down to be with Keene; She showed him the stars in the sky outside his window and told him God was above the stars and is with us wherever we go.

### 6. What do you think?

- Who do you think you should tell if you are afraid of one of these things?
  - the dark (*parent*)
  - a mean classmate at school (*teacher*)
  - falling off the rock wall in the gym (*coach*)
    - The fear and bravery calculators are going to help you get past your fears this season. When you're afraid of something, use the colors on the charts to tell your coach how much fear you have and how much help you want. We're going to help you grow braver this season!

### 7. Dismissal: review the verse and say the main point together:

**God gives me good people to help me get past my fears.**

**Handouts: Copies of calculators and parent instructions for home use  
Tell kids to hang these up where they can use them with parents!**

## Planning Notes:

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# Winter 2023 CT Jr Version: "I Am Brave"

## **Who is brave?**

"I am brave! God is bigger than my fear. I am safe in His loving hands."

## **What does God say?**

"Be strong and courageous. Do not be afraid; for the Lord your God will be with you." Joshua 1:9

## **Week 3: Dec. 19-23 (Sat classes miss week 3) (Dec. 24-31 Christmas Break)**

1. **Practice declaration & verse together**
2. **Lead-in:** (*Hold up fear calculator*) Do you remember what color we used on this fear calculator last week to rate how scared Keene was of the dark? Were any of you afraid of the dark or something else this week?
3. **Lesson 3: God gives me good people to help me get past my fears.**
4. **Review the chapter using pictures: *Keep Your Eyes on the Stars***
5. **Questions (Choose one or more that best fits your class)**
  - a. What do the glow-in-the-dark stars remind Keene of?
    - i. *They remind Keene that his dad is up in the room above him, and that dad will come down and hug him if he is crying or scared.*
  - b. Who is up above the real stars in the sky outside?
    - i. *God is above the stars in the sky.*
  - c. Not only does God give us good people to help us when we are afraid, who else is there to help us?
    - i. *God! Even though He is above the stars in the sky, He is always with you - which means you are never alone. He loves you more than anyone else and is always near when you call on Him.*
6. **What do you think?**
  - a. (*Show calculators*) How do you think Keene would rate his fear of the dark by the end of the story? Red, orange or yellow - or maybe even no fear at all!
  - b. How brave do you think Keene is feeling now?
  - c. Who do you think was the most helpful to Keene to get him past his fear? (*Listen but be sure to bring in the importance of God always being there when they call on Him*)
7. **Dismissal:** review the verse and say the main point together:

**God gives me good people to help me get past my fears.**

**Hand out glow-in-the-dark stars**

## **Planning Notes:**

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## Week 4: Jan. 2-7

### 1. Practice declaration & verse together

2. **Lead-in:** (*Suppl. 1*) Have any of you been in a really bad storm like this one? How scared were you? Which color would you be on our fear chart? In our new story today we're going to find out what Keene does when a storm comes.

### 3. Lesson 4: I can do something to calm my fear when I feel scared.

### 4. Listen to Chapter 2 of story and show pictures: *When I Am Afraid, I Will Trust in You*

### 5. Questions (Choose one or more that best fits your class)

- a. What scared Keene in the story today?
  - i. *The thunder; the loud rain on the barn roof; the darkness when the wind blew the barn door closed; he was afraid the roof would fall on top of him.*
- b. How would you rate Keene's fear on the calculator when he heard the boom?
- c. What did Keene do as fear took over all his thoughts?
  - i. *He screamed for his grandma; crouched down between two hay bales; was sure the roof would collapse on him; imaginary creepy, shadowy creatures filled his mind.*
- d. Were any of those things helpful?
  - i. *No! When you're really scared of something, your fear will take over your mind so you can't think clearly and you might even make a very bad decision.*

### 6. What do you think?

- a. Can you think of one thing Keene could have done as soon as he felt afraid that could have helped him get out of the 'red zone' of fear?
  - i. *Ask God to help calm him down*
  - ii. *Taking deep breaths is one of the best ways to calm fears.*
  - iii. *Physical activity reduces fear: counting jumping jacks, doing handstands, cartwheels...*
- b. ***Practice deep breathing together using Supplement 2a or 2b***

### 7. Dismissal: review the verse and sign language; say the main point together:

**I can do something to calm my fear when I feel scared.**

**Handout: Supplement 4**

## Planning Notes:

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## **What does God say?**

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## Week 5: Jan. 9-14

### 1. Practice declaration & verse together

### 2. Lead-in:

- a. Who can tell me what Keene was afraid of in the story last week? (*thunderstorm*)
- b. And who remembers what you can do to lessen your fear as soon as you feel afraid?
  - i. Pray, deep breaths (*show suppl. 2a or b and practice one or two times*), exercise

### 3. Lesson 5: I can do something to calm my fear when I feel scared.

### 4. Review the chapter using pictures: *When I Am Afraid, I Will Trust in You*

### 5. Questions (Choose one or more that best fits your class)

- a. Who created the thunderstorm that Keene was so afraid of?
  - i. God created thunderstorms
- b. If God made the storm, does that mean that God is bigger or smaller than the storm?
  - i. Since God made the storm, we know that God is bigger. God is even more powerful than the storm - He can control it.
- c. What does Keene's grandma do to help him get his mind off his fear?
  - i. She lets him listen to a song about trusting God to help him when he is afraid.

### 6. Learn Keene's song: Here's the song Grandma played that you can learn too: [When I Am Afraid I will Trust in You](#)

### 7. What do you think?

- a. How do you think this song can help you be less afraid?
  - i. Singing helps your brain relax.
  - ii. Singing helps us choose what we are thinking about. If you sing this song as soon as you feel scared, it will take your mind off the fear and set your mind on God.
  - iii. Remember: God is bigger than any fear you will ever have.

### 8. Dismissal: review the verse and say the main point together:

**I can do something to calm my fear when I feel scared.**

## Planning Notes:

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## Week 6: Jan. 16-21

### 1. Practice declaration & verse together

### 2. Lead-in:

- a. Is anyone starting to get over a fear of doing a skill in class? Have you used this fear and bravery calculator at home?
- b. Play and practice [When I Am Afraid I will Trust in You](#)

### 3. Lesson 6: I can do something to calm my fear when I feel scared.

### 4. Review the chapter using pictures: *When I Am Afraid, I Will Trust in You*

### 5. Questions (Choose one or more that best fits your class)

- a. Even though a thunderstorm can be scary sometimes, good things happen during storms too. Can you think of something that is good about a storm?
  - i. *The storm brings lots of rain, which waters the plants and helps them to grow. Lightning with rain brings a special fertilizer to the ground called nitrogen that makes things greener and healthier.*
- b. Fear is not always a bad thing. Some fears actually protect us from dangers.

### 6. What do you think?

- a. Which of these fears do you think are healthy and good to have? Which ones should you develop courage to overcome? (*Show Suppl. 3 and discuss*)
  - i. Why is it important to develop courage and overcome the fear of water?
    1. *You can learn to swim, enjoy it, and help keep others safe in water.*
  - ii. When is fear of fire a good thing?
    1. *Fire is very dangerous! We should always be very careful around any fire.*
  - iii. Why is it good that some people have developed courage and become brave enough to stand against their fear of fire?
    1. *Firefighters have learned how to be wise around fire, and brave enough to help others!*

### 7. Dismissal: review the verse and say the main point together:

**I can do something to calm my fear when I feel scared.**

## Planning Notes:

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## **Week 7: Jan. 23-28**

### **1. Practice declaration & verse together**

**2. Lead-in:** Who has ever had a really scary dream? Have you ever been afraid to go to bed after you saw a scary show or scary pictures in a book? Today in our story Keene is going to have a problem like that. Listen carefully to what Mom tells him at the end.

**3. Lesson 7: I fill my mind with good thoughts and pictures to protect myself from unnecessary fears.**

**4. Listen to the chapter and show pictures: *Fill Your Mind with God***

### **5. Questions (Choose one or more that best fits your class)**

- a. What was Keene looking at? (*Monster movie pictures*)
- b. What did Mom do as soon as she saw the book he was looking at?
  - i. *She took it away and began reading the Children's Bible Story Book.*
- c. What important instructions did Mom tell Keene as she put him to bed?
  - i. *Stop looking at whatever is causing you to feel scared.*
  - ii. *God is trying to protect you from being afraid.*
  - iii. *Tell Dad or Mom.*

### **6. What do you think?**

- a. What do you think made Keene want to look at the monster book when he first saw it?
  - i. *People are naturally curious about things they have not seen or done before.*
  - ii. *That can be good OR bad!*
  - iii. *If you start to feel scared, it may be God telling you to stay away.*
  - iv. *The best thing to do is to tell your parents or another trusted person. They can help you understand if it is something you should not be doing or if it's something you just need to learn more about so you won't be afraid of it (like certain bugs or going outside at night).*

**7. Dismissal:** review the verse and say the main point together:

**I fill my mind with good thoughts and pictures to protect myself from unnecessary fears.**

## **COACHES: MID-SEASON CHECK-UP**

Have you asked any parents about the use of the fear and bravery calculators at home? If not, remind them it's an easy way for kids to express their fears so they can begin to talk about them.

### **Parents I need to connect with:**

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Can you clearly identify any progress your students have made in achieving the objectives? Do any still need extra attention? What can you do to help them along?

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## **Week 8: Jan.30-Feb.4**

### **1. Practice declaration & verse together**

### **2. Lead-in:**

- a. Who remembers the four things you can immediately do to help you calm down and think clearly when you feel afraid? (*Pray, breathe, exercise, sing*)
- b. What made Keene feel afraid last week in our story? What things make you afraid?
  - i. *As they name things, have them point to the level of fear they feel on the fear calculator. Pay attention if someone discloses an unusual fear or displays an extreme reaction as they name the fear. Share with their parent if needed.*
- c. Play: *When I Am Afraid I will Trust in You*

### **3. Lesson 8: I fill my mind with good thoughts and pictures to protect myself from unnecessary fears.**

### **4. Review the chapter using pictures: *Fill Your Mind with God***

### **5. Questions (Choose one or more that best fits your class)**

- a. What was the first question Mom asked Keene after she read the bible story book to him?
  - i. *Do you feel happy inside after we read these stories, or do you feel scared?"*
- b. And what was the second question she asked him?
  - i. *"And how do you feel after you look at the pictures in Grandpa's book?"*

### **6. What do you think?**

- a. Why do you think Mom asked Keene these questions?
  - i. *Mom is teaching Keene discernment. Discernment is the ability to sense when something is wrong so we can escape danger.*
- b. How did Keene feel after he looked at the monster pictures?
  - i. *He said, "I'm scared sometimes."*
  - ii. *When you start to feel even a little bit of fear, pay attention! There could be danger ahead.*
  - iii. *Remember to ask your parents or a trusted person if you aren't sure if it's something you should stop doing or if it's something you just need help learning about.*
  - iv. *Very important: Pray and ask God to help you discern whether something is good or bad. You can always trust Him to tell you what is good and right!*

### **7. Dismissal:** review the verse and say the main point together:

**I fill my mind with good thoughts and pictures to protect myself from unnecessary fears.**

## **Planning Notes:**

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# Winter 2023 CT Jr Version: "I Am Brave"

## **Who is brave?**

"I am brave! God is bigger than my fear. I am safe in His loving hands."

## **What does God say?**

"Be strong and courageous. Do not be afraid; for the Lord your God will be with you." Joshua 1:9

## Week 9: Feb. 6-11

### 1. Practice declaration & verse together

### 2. Lead-in: Who likes being afraid? (*Hopefully no one!*)

- a. What are the four things you can immediately do to help you calm down and think clearly when you feel afraid? (*Pray, breathe, exercise, sing*)
- b. Fear is a part of life and we must learn to overcome it.
- c. BUT - there are also things we CAN do ahead of time to protect ourselves from feeling afraid. Do you remember what some of those are from last week? (*Lesson point*)

### 3. Lesson 9: I fill my mind with good thoughts and pictures to protect myself from unnecessary fears.

### 4. Review the chapter using pictures: *Fill Your Mind with God*

### 5. Questions (Choose one or more that best fits your class)

- a. When you are really afraid of something, who do you most want to be there with you?
  - i. *Their answer will most likely be a parent or another person who they know loves them.*
- b. Why did Mom tell Keene to come tell her or his dad when he feels scared of something instead of just any adult or other child?
  - i. *Because no one loves and cares about Keene more than his parents.*

### 6. What do you think?

- a. There is something more powerful than fear. What do you think it is?
  - i. *The Bible tells us, "Where **God's love** is, there is **no fear**, because God's perfect love takes away fear." 1 John 4:18*
  - ii. *You feel safest in the arms of your parents or maybe another person you trust because you know they love you.*
  - iii. *Their love calms you and imparts peace and strength.*
  - iv. *No one loves you more than God. His love is bigger and stronger than even your parents because He is the Creator of your parents!*
  - v. *This is why we need to fill our minds with God.*

### 7. Song: If time - When I am Afraid I will Trust in You

### 8. Dismissal: review the verse and say the main point together:

**I fill my mind with good thoughts and pictures to protect myself from unnecessary fears.**

## Planning Notes:

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## Week 10: Feb. 13-18

### 1. Practice declaration & verse together

2. **Lead-in:** How do you feel when it's storming and suddenly the lights and all the power goes off? What do you do while you wait for the power to come back on? You might want to try what Keene does in our story today!

3. **Lesson 10: I don't let scary thoughts grow big. I immediately DO something to help me change my focus.**

4. Listen to the chapter and show pictures: *Treasures Hidden in the Darkness*

### 5. Questions (Choose one or more that best fits your class)

- a. Where would you rate Keene's fear on the fear calculator when the lights went out?
- b. What was Arie's idea?
  - i. *Play the game 'Treasures in the Dark'.*
- c. How did it help Keene get past his fear?
  - i. *It took Keene's thoughts off of the fear of the dark and storm and gave him something else to think about and DO - find his glowing animal.*
- d. How did Keene's feelings about the dark change after playing the game?
  - i. *The game was so much fun that it pushed aside his fear.*
  - ii. *The game became a good **distraction**. It took his attention off of something bad - his fear - and placed it on something he could do that was good and fun.*

### 6. What do you think?

- a. We know there are some scary things in life that may happen to us sometime. We can prepare ahead of time and be more ready to face them which will make them less scary. For example, how can you prepare now in case one of these things happens?
  - i. The power goes out and you are alone? (*Keep flashlights set in several places along with a bag of books, puzzles, games, art supplies to occupy yourself with.*)
  - ii. A fire breaks out in the house? (*Talk with your parents about a fire escape plan and practice it ahead of time. Fear will not help you - but taking action will!*)
  - iii. Your mom or dad is badly hurt and is unable to move or talk? (*Do you know how to call for help? WHO to call? Ask your parents to teach you what you should do.*)
- b. There will always be things we are afraid of, but by asking God to help us and preparing ahead of time for emergencies like these, we can lessen our fears so they don't paralyze us.

7. **Dismissal:** review the verse and say the main point together:

**I don't let scary thoughts grow big. I immediately DO something to help me change my focus.**

## Planning Notes:

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# Winter 2023 CT Jr Version: "I Am Brave"

## **Who is brave?**

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## **What does God say?**

"Be strong and courageous. Do not be afraid; for the Lord your God will be with you." Joshua 1:9

## **Week 11: Feb. 20-25 (This is the last full lesson. Week 12 review)**

### **1. Practice declaration & verse together**

### **2. Lead-in:**

- a. Who remembers the four things you can do right away when you feel really afraid? (Pray, breathe, exercise, sing).
- b. What is the next thing you should do? (*Don't let fear grow big in your mind. DO something!*)

### **3. Lesson 11: I don't let scary thoughts grow big. I immediately DO something to help me change my focus.**

### **4. Review the chapter using pictures: *Treasures Hidden in the Darkness***

### **5. Questions**

- a. Who did Arie call on first to find the hidden animals?
  - i. *Mom and Dad*
- b. Why do you think she did that?
  - i. *She was showing Keene how much fun the game was by letting him watch them first.*
  - ii. *She was getting him to calm down by filling his mind with other thoughts that replaced the fear.*
- c. How many more times did they play that game?
  - i. *The rest of the winter!*
- d. What was Keene doing at the end of the story and why?
  - i. *Moving his bed by the window because he was no longer afraid of the dark.*
  - ii. *He knew that God was bigger than the darkness and was always with him.*

### **6. What do you think?**

- a. Do you think playing *Treasures in the Dark* all winter helped Keene get over his fear? Why or why not?
  - i. *Playing the game over and over in the dark helped him get comfortable being in the darkness.*
- b. If you have a fear of swinging on the high bar, walking backwards on the beam, or falling backward into the pit, what can you do to help yourself overcome that fear?
  - i. *Watch others do it.*
  - ii. *Ask a coach to help you at first.*
  - iii. *Do it over and over with less help each time until you are comfortable doing it alone.*

### **7. Dismissal:** review the verse and say the main point together:

**I don't let scary thoughts grow big. I immediately DO something to help me change my focus.**

## **Planning Notes:**

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## ***What does God say?***

"Be strong and courageous. Do not be afraid; for the Lord your God will be with you." Joshua 1:9

## **Week 12: Feb. 27 (Feb. 28 = Training) Mar. 1- 4**

- 1. Practice declaration & verse together**
- 2. Today's main point: I can grow braver by asking someone I trust to help me beat my fear.**
- 3. Lead-in:** It's our last week learning about promises so we're going to play a game called ***Who Remembers!***

### **Coaches: How to play:**

1. Turn all visuals (except supplements) face down on the floor.
2. Review lesson points on each of the supplements then line them up against the wall.
3. Have kids sit in a circle around the visuals and let a student pick one up and show it to everyone.
4. Coach asks: "Who remembers what this picture is about?" Or ask a more specific question like, "Who remembers why (*character's*) face is so sad in this picture?"
5. Ask which lesson point it is connected to.
6. Set that visual under the correct lesson point.
7. Go around the circle until everyone has picked one up. Do more than one if time.

### **4. Finish with *When I Am Afraid I Will Trust in You***

- 5. Questions** (If possible, take videos and pictures, some having students' faces and holding visuals.)
  - a. When fear enters your mind, what are some things you can do right away to stop it?
  - b. What story about Keene did you like most? Why?
  - c. Did you like using the fear and bravery calculators? How did they help you?

**Dismissal:** review the verse and sign language; say the main point together:  
**I can grow braver by asking someone I trust to help me beat my fear.**

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Name \_\_\_\_\_ On a scale of 1 - 5, rate how well your students did in general in reaching the objectives and explain why you chose that number. Add any other feedback that might make CT better. Give this to Rebecca before week 1 of next season. Thank you!

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