

Journey of Discovery



Getting Ready to Go

Step 1 Courage



Hey Young Leaders.

Welcome to Journey of Discovery,
I hope you're ready for an adventure!

Being away from school and home learning is a new experience for everyone and sometimes it's hard. I wanted to give you some tools to help you through this journey.

We are going to discover lots of things that will help us to be strong, kind and helpful young leaders in our homes and towards the people we care about.

There will also be some important actions that we can do to help others and make them feel special.

The first step on our journey is courage.

Let's get ready to explore!

Remember my motto: Be the Change you Want to See.



Getting Ready to Go

- What does it look like to be on a new journey?
- What challenges might we face?
- How can we be courageous?

Quotation Inspiration

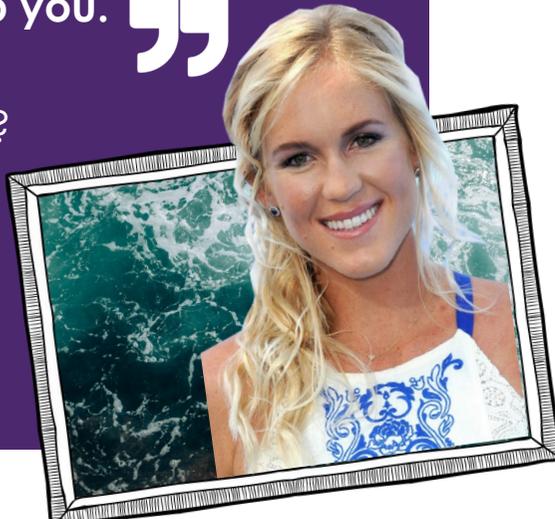
Bethany Hamilton



“ Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you. ”

What do you think?

Write down some ideas



Key Character Strength: Courage

1. What does the word courage make you think of? Create a mind map of your ideas
2. Now look up a definition.
3. Choose/ find/ create an image that represents courage for you.

Use this space to **write** down **your ideas**

Merida in Brave	<i>"In the darkest times, hope is something you give yourself. That is the meaning of inner strength"</i>	Zeus in Hercules	<i>"The future is worth it. All the pain. All the tears. The future is worth the fight"</i>
<i>"Venture outside your comfort zone the rewards are worth it"</i>	Rapunzel in Tangled	<i>"Just keep swimming"</i>	Patrick Star in Sponge Bob Square Pants
<i>"Sometimes we have to go deep inside ourselves to solve our problems"</i>	Martian Manhunter in DC Universe	<i>" Our fate lies within us, you only have to be brave enough to see it"</i>	Dory in Finding Nemo
Iroh in Avatar: The Last Air Bender	<i>"A little consideration, a little thought for others, makes all the difference"</i>	Eeyore in Winnie-the-Pooh	<i>"A true hero isn't measured by the size of his strength, but by the strength of his heart"</i>

TASK

Match the quotation about life to the correct animation character. Draw a line between them or use the same colour for each pair.



What messages do these **characters** give us about the **challenges** we face in life's **journey**?

Use this space to **write** down your **ideas**

Your Journeys

1. Think about a favourite journey you have made. Where did you go and why was it so good?
2. What has been your most difficult/ challenging kind of journey & why? How did you overcome the challenge?
3. Why is courage important when facing new challenges? What does it help us to do?
4. How can we more courageous?



Introducing Corrie ten Boom

Corrie's life took her on many different journeys: hiding strangers, surviving the death camps and travelling the world sharing her story.

In this Journey of Discovery, you are going to be learning about five different values: **courage, thankfulness, compassion, friendship and hope.**



Read Corrie's story. Can you find **examples** of these **values** in her story? **Write** your **ideas** here.

Corrie's Story of Courage

Corrie ten Boom was a watchmaker who lived with her father and sister in Holland during World War II. She was a committed Christian and she did everything she could to show Jesus' teachings in her everyday life.

When the Nazis occupied Holland, they arrested Jews and other people who did not agree with them. The Nazis sent them to concentration camps where the people were badly treated, and many died.

Corrie and her family had a secret hidden room in their house where they hid Jews trying to escape the Nazis until they could find a safe way to leave the country. In all, the ten Boom family helped to save nearly 800 people.

Eventually, in September 1944, the Nazis found out about the secret room and Corrie, her father, Casper, and sister, Betsie, were arrested and sent to concentration camps. The conditions were appalling and, unfortunately, both Corrie's sister and father died.

Miraculously, Corrie survived the conditions in the camps. At the age of 53, she started to travel the world, sharing her story, forgiving her jailors and spreading God's love. She died on her 91st birthday, April 15th, 1983.

Facing Difficult Times with Courage

When times get difficult, we need courage to help us carry on. Corrie ten Boom showed courage by: hiding people when she knew she could be arrested; surviving the concentration camps; forgiving the soldiers who had arrested and held both her and her family prisoner; and speaking to crowds of people she did not know.



Think about a time when you have faced a new, difficult or scary situation.

- What was the situation you faced?
- How did you feel at the time?
- What did the people around you say, think and do to help you face your fear and have courage?
- How did you feel afterwards?

Use this space to **write** down your **ideas**



Making Memories



We are living in very unusual times. Everyone is travelling on a strange journey and experiencing different emotions: anxiety, excitement, joy, sadness to name a few.

As you get older and look back on your life, you will remember some, but maybe not all, of the things you were doing and how you were feeling during the lockdown.

All About You

- Include details of about you right now.
- How old are you?
- How tall? Who are your best friends?
- Do you have any pets?
- What is your favourite colour, film, book, TV programme, food?
- What do you want to be when you are older?



Memory Box

Create your own Memory Box of this moment in history to help you remember.

1. Find an empty shoe box or cardboard box.
2. Decorate it any way you choose.
3. Then use the questions and prompts on the next two pages to help you fill the box with your thoughts, pictures, drawings, objects.
4. Each week add in more memories.

How are you keeping busy?

Include examples of any art work you have created.

How are you staying connected with your family and friends? What activities have you been doing?

E.g. Playing games with people in your household, baking, going for walk or maybe you have learnt a new skill or craft.



Your feelings

Think about words to describe all your different feelings and give examples. Maybe you could include a diary about lockdown.

What have you learnt most from this experience?

Include your top 3 things that you are going to do once it's all over!



Special Memories

You will have special memories of this time.

Have you celebrated any special occasions, such as birthdays or anniversaries? What stands out?

What do you not want to forget?

You could include photos, stories from the media, memories of other people in your household.

Archie's Journey Values

Write down or draw pictures of:

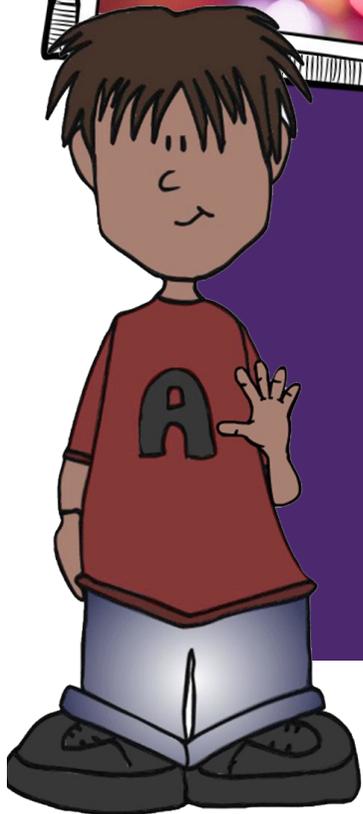
when you have been **courageous**

what you have been **thankful** for

where you have shown **compassion**

where you have been a good **friend**

your **hopes** for the future



Anything else?

Is there anything else your future self would want to know?

Taking Courage further

Courageous Statements

Reflecting on statements about courage can remind us how to be courageous when we don't feel it.

Why not write down some statements about courage. You can make up your own statements and/or add statements/stories from other people.

Keep these statements and when faced with a new challenge reflect on them and be encouraged to face a new challenge!

Practical Activities

1. Try something new. Perhaps you are afraid of eating a certain food or doing a certain activity. Why not try it- be courageous!
2. **Create a bag of courage for someone in your house or local community. It could include: a kit kat, teabag, poem or a quote that inspires courage.**

Research Activities

1. Reflect on the word courage and who in your local community shows courage. Create a mind map of the courageous people in your community.
2. Interview someone else about what courage means to them. Have they a particular story of showing or experiencing courage?

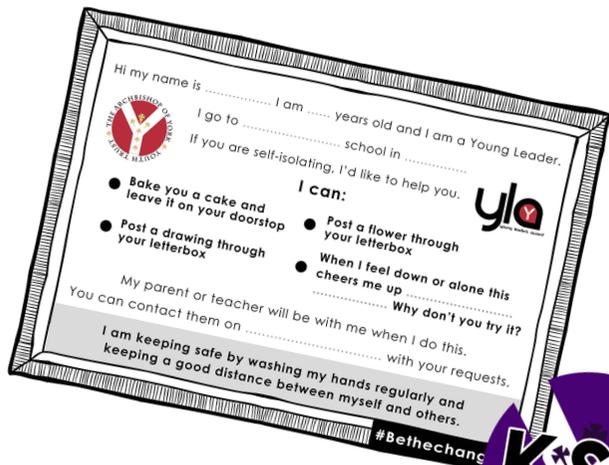




Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.

Please visit:

www.abyyt.com/yla-at-home



Kindness Postcard



Session 2

Thankfulness

COMING SOON

@ABYyouthtrust

Dory in <i>Finding Nemo</i>	"Just keep swimming"
Eeyore in <i>Winnie-the-Pooh</i>	"A little consideration, a little thought for others, makes all the difference"
Iroh in <i>Avatar: The Last Air Bender</i>	<i>"In the darkest times, hope is something you give yourself. That is the meaning of inner strength"</i>
Martian Manhunter in <i>DC Universe</i>	<i>"The future is worth it. All the pain. All the tears. The future is worth the fight"</i>
Meirda in <i>Brave</i>	<i>" Our fate lies within us, you only have to be brave enough to see it"</i>
Patrick Star in <i>Sponge Bob Square Pants</i>	<i>"Sometimes we have to go deep inside ourselves to solve our problems"</i>
Rapunzel in <i>Tangled</i>	<i>"Venture outside your comfort zone the rewards are worth it"</i>
Zeus in <i>Hercules</i>	"A true hero isn't measured by the size of his strength, but by the strength of his heart"