WEEK 2 of 4

Effort: A determined attempt.

Sila’s continued effort allowed her to overcome her greatest challenge.

Book End: [YouTube]

Your Challenge: Score points by standing up while balancing a book on your head as many times as you can in 1 minute.

If you successfully move from a seated to a standing position without the book falling off your head, you score a point. Sit back down and try again.

Download or stream 1-Minute Challenge Music on Apple Music or Spotify

WEEK 2 of 4

Courage: The ability and willingness to overcome fear in order to accomplish a goal or complete a task.

Cara’s courage allowed her to pursue her career and personal goals despite incredible challenges.

Ted Talk: The Beautiful Balance Between Courage and Fear
[Video Link]

Take a few minutes to watch this Ted Talk on allowing courage and fear to coexist.

Complete the SEL Concept Square for Courage after you watch the Ted Talk.
[Google Slide Link]