



Courage Exit Slip:



Courage is bold confidence to do what's right in the face of fear, discomfort, and uncertainty. Learn how to embrace your courage. You can't be courageous if you're not afraid and uncomfortable. Muscles grow and become stronger when they're exercised beyond their comfort zone. It's okay to feel afraid or uncomfortable as you learn with your teammates and find your voice.

Answer the questions below and then discuss your answers with your team.

1. Was there a time when you were afraid or uncomfortable today? How did you react to these feelings?
2. How can teammates grow and become stronger together by overcoming fear and being courageous?