

ACTIVITY 10

Magic Wands of Courage

Procedure

Demonstrate how to make wands by stapling a large gold star and several strands of curling ribbon to one end of a straw.

Issues

Fear, a need to feel courageous.

Purpose

To build courage by allowing children to appreciate and respect their fears while learning they can confront them.

Materials

Plastic drinking straws, large gold stickers, strands of curling ribbon, a stapler, and a variety of stuffed animals.

Tell the children a story about two lost bunnies. For example, there were two little bunnies who were having such a good time playing, that they paid no attention to where they were hopping. Suddenly, they heard a noise they did not recognize and were very frightened. They looked around and realized they did not recognize one single tree or bush and did not know which way to hop to get home. They were lost.

They became so fearful, they were frozen and could not move. Just then, a squirrel climbed down from a tree above them, and waved a Magic Wand of Courage in front of them (demonstrate). The squirrel asked them questions to help them.

The squirrel asked, “Did you hop past the fence that’s over there?” (point toward an imaginary fence). “Did you hop past the gentle swooshing fir tree that’s over there?” (point in another direction). “Did you hop past the apple tree that’s over there?” (point in yet another direction). The bunnies, who were now completely unfrozen, thought over the questions and remembered passing the apple tree. They joyfully hopped in that direction, past the tree. Discuss how using our thinking powers can help us find solutions and feel confident. Ask the children if the wand brought the solutions or if the questioning and thinking did.

Help the children to make their wands.

As a group, consider similar situations of fear of being lost for toy animals that have been selected and placed around the room. Have the children use their Magic Wand to help each animal build the courage needed to stay safe. Have them ask the toy animal questions such as these: How could you feel safer? How could you find your way back to safety?

Suggestions

Encourage the children to use imaginary Magic Wands of Courage to help themselves use their thinking powers and their courage in situations such as losing sight of a parent in a store, hearing surprising noises or not remembering where the house key is.