



Values @ Home

We end the year with the value of courage. Courage is not about never being afraid, but it is having the strength to face those fears. This is particularly relevant as the children come to the end of their time in their classes and begin to think about starting in a new year group or even a new school!

The children will be learning about people who have showed great courage in difficult situations and also thinking about how they feel about moving classes.

People of Courage

At home, or next time you go the library see if you can find out about some these people who have showed courage in different ways.

Florence Nightingale



Winston Churchill



Nelson Mandela



Tanni Grey-Thompson

Malala Yousafzai



Elizabeth Fry



Practising Courage for Starting Something New

Everyone has worries about change but when you are feeling nervous a really helpful thing you can do is to think about all the times when you have overcome your fears in the past. You might have been nervous when you started your new class last year - think about how brave you were then and how much you enjoy it now!

You can also make a list what exactly it is that you are nervous about. Is there is anything you can do to prepare or make the fears less daunting? Talk about what you know is happening and imagine what would happen if everything went brilliantly - what would you be doing? Lots of other people are probably feeling exactly the same as you!



July 2026 - Courage

