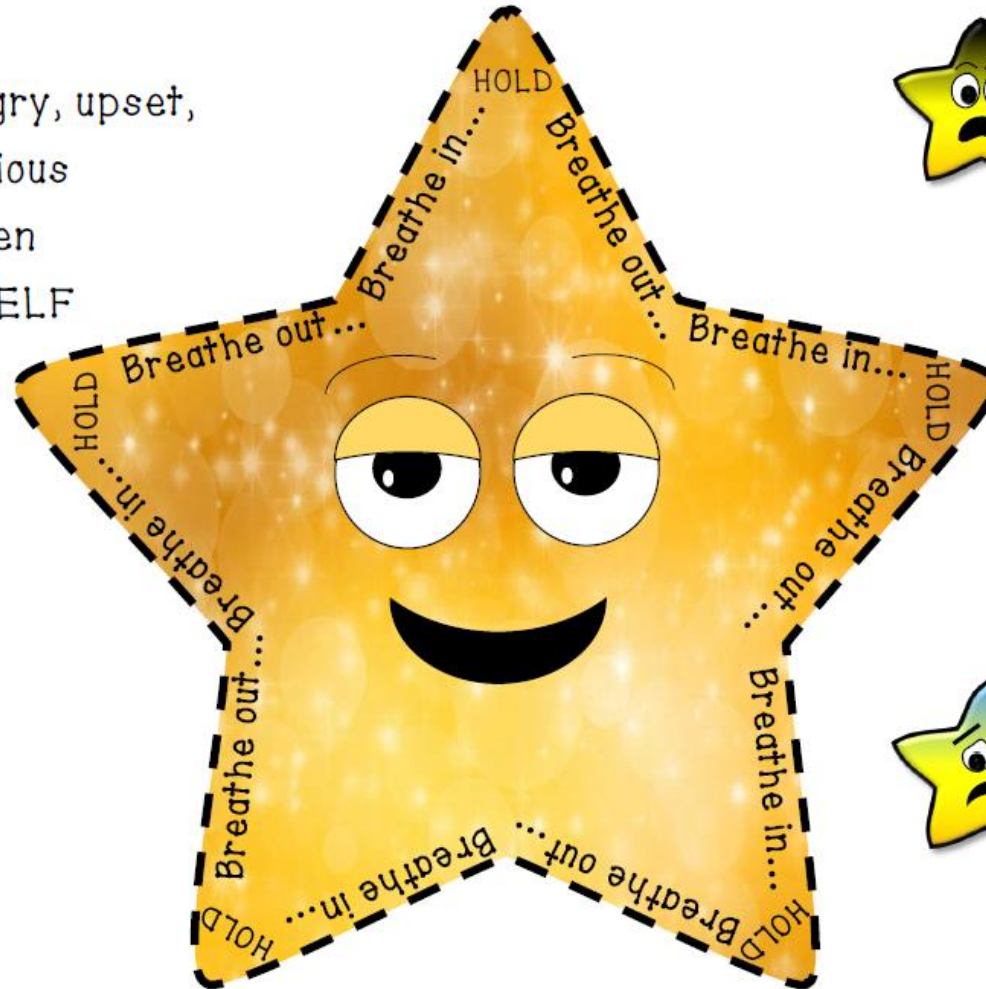


# Assembly

Courage

# Let's regulate!

If you feel angry, upset,  
stressed, anxious  
or worried then  
CALM YOURSELF  
WITH  
5 STAR  
BREATHING



What does courage mean to you?

[https://www.youtube.com/watch?v=frqD15\\_I0bU](https://www.youtube.com/watch?v=frqD15_I0bU)



- Have you ever felt scared about the same things as Howard?
- Have you every overcome a fear? How?

‘You have to have fear to have courage’

What does this mean?

Can you think of an example?

Can fear ever be a good thing?

# Let's Sing!

<https://www.youtube.com/watch?v=NvR9YOpDG4A>