

# Practice/ Activity

## PERFORMANCE - Courage

Have students sit or stand quietly and close their eyes. Engaging their imagination have them picture themselves sitting or standing at the base of a mountain looking to the highest peak. Have students imagine themselves climbing the mountain.

With each inhale imagine taking a step toward the top and as they exhale say, “I am mighty”. Take the next step, inhaling and exhaling saying, “I am strong”. Take another step as they inhale and exhale saying, “I can do anything”.

Affirm this three times and have students picture themselves on the top of the mountain, feeling the sun shining on their faces and the wind blowing through their hair. As an extension, have student share how they feel and where they feel strong in their bodies.