



HOCKEY with HEART



COURAGE



Hockey with Heart is a three-part series in partnership with the St. Louis Blues covering character education both on and off the ice. This series features interviews with Blues players Alex Pietrangelo, Colton Parayko and Robert Thomas and classroom activities on perseverance, teamwork and courage.

Knowing the value and the power of courage is important for developing your character. Having courage means standing up for what is right and having the strength to act with strong values when needed and in the face of fearful experiences. These activities teach students about the importance of courage and doing the right thing even when it is difficult. It is important to understand that everyday courage doesn't require a heroic action, but can be small acts of bravery.

Robert Thomas, Center

1. Describe what courage means to you. Courage is stepping out of your comfort zone and doing something you're not used to, or doing something that causes you fear. At age 15, I moved to London to further my career in hockey and it took a lot of courage for me to move away from my family at such a young age.

2. Why is it important to be courageous? When you're courageous enough to step out of your comfort zone, it helps you grow as a person and makes you more mature. My family is extremely important to me so leaving my family to pursue my dreams helped me evolve into the person I've become.

3. How does courage play a part in being a member of a team and a member of the community? When you're a part of a team or community, you never go through any experience alone and your team rallies around you to show their support. It was a traumatic experience for our whole team when Jay Bouwmeester (Bo) had his health scare earlier this year, but in the end it brought us closer together. Most importantly, we were all able to be there to show support for Bo and his family.

4. What is the most courageous thing someone has done for you? When I moved away from my family to live with another family in London, I met Owen and he's changed my life. Owen has muscular dystrophy and he has fought through so much in his life. He has had multiple surgeries and injections that he has had to overcome. For him to go through all that all while accepting me as his new brother, showed me the true meaning of courage. He is the most courageous guy I know and he faces everything in life head on. He's an incredible role model in the way he's spoken out about his condition.

5. What are some ways that everyone can show courage day-to-day? A small everyday courageous action is to stick up for a friend who is being bullied or picked on, or sticking up for yourself. It's important to show people that they can lean on you and that you'll do the right thing and be there for others.

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WRITING PROMPTS

To Robert Thomas, courage means stepping outside your comfort zone to do something morally right or that requires bravery. Below are a few ideas to get students thinking about what courage means to them.

- What makes an action courageous?
- Do possible consequences influence whether an act is courageous or not? If there is no possibility of negative consequences, is the act still courageous? What role does fear play in acting with courage?
- Has there been a time that you or someone you know has been confronted with a problem that required acting with courage?
- Have you ever gone along with something your friends have said or done even though you knew it was wrong? How did it make you feel about yourself? What did you learn from it?

ROLE PLAY

Role play some typical situations which require taking a courageous stand against a group or an individual. After each improvisation have a discussion. What important principle or issue was at stake? How well did the individual stand up? What could he/she have done better? What did you learn from this?

NEWSPAPER CONNECTION

Students can use the digital or print edition of the St. Louis Post-Dispatch to find examples of courage that occur on a daily basis. Be sure to look for small acts of courage that may be overlooked. As students discover examples, add to chart paper, print/cut out the article, post on a bulletin board, etc. as a reminder of courage in the community.

DO YOU KNOW SOMEONE THAT SHOWED COURAGE THIS YEAR?

Enter our Hockey with Heart contest to enter yourself or someone you know and how they positively impacted or empowered our community.

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