



## Courage - assembly for primary schools

<https://www.bbc.co.uk/teach/articles/zd72g2p>

**1. As the pupils enter:** Play your chosen music – perhaps from [this collection of songs to support assemblies and Collective Worship](#), each with lyrics on screen and backing tracks.

**2. Introduction: Question to engage pupils:** "What does it mean to be brave? Can you think of a time when you felt scared but did something courageous?"

**Set the tone:** Explain that today's assembly will focus on courage – what it looks like, how it feels, and how we can help others to be brave.

**Link to the National Curriculum.** Explain that today's theme connects to:

- PSHE: Developing resilience and courage in relationships and challenges.
- English: Discussing and reflecting on personal experiences through language and writing
- PE: Building courage through physical activity and teamwork.

**3. The video:** Encourage pupils to watch carefully, noting:

- The character's moments of fear and bravery.
- How courage grows through persistence and support.
- The challenges overcome and lessons learned.
- What pupils take away from hearing the real-life stories of developing courage.

Pause the video at 00:55 and ask pupils to think about a time they have shown courage – how did it feel? Resume the video and pause at 02:29 to discuss Harvey's story:

- What challenges did Harvey and Margo face in the film?
- How did Harvey find the courage to make a difference?
- What role did others, such as Harvey's Dad, play in helping them be brave?

Resume the video and play to the end to discuss Izzy's story.

- How did she find the courage to overcome her fears?
- What advice did Izzy have to help pupils to find courage?
- Why was having courage so important to Izzy?
- Why was the Youth Parliament so important to her?
- How does this story relate to moments in your own life?

This is an opportunity to introduce someone from your own school community who has a story that demonstrates the value of courage.

**4. After the video – time to talk**

- What challenges did Harvey and Margo face in the film?
- How did Harvey find the courage to make a difference?
- What role did others, such as Harvey's Dad, play in helping them be brave?
- What advice did Izzy have to help pupils to find courage?
- Why was having courage so important to Izzy?
- Why was the Youth Parliament so important to her?
- How does this story relate to moments in your own life?

**Interactive activity:** Use a 'think, pair, share' format: Pupils discuss their thoughts with a partner before sharing them with the assembly.

**5. Opportunity for reflection and/or prayer.** Ask each pupil to think of a "Courage Goal" for the week, such as:

- Trying something new.
- Speaking up in class.
- Helping a friend face a challenge.

End the session with a positive phrase that emphasises the value of courage, such as:

"Courage doesn't mean we never feel scared—it means we face our fears and try anyway. Together, we can all find the courage to soar!"