

Raising Courageous Kids: An Overview of the Eight Steps to Practical Heroism¹

| Step | Discovery | Skill | Goal | 20 th c. People ² | Mythology | Stories | Nature | Color | Creature ³ |
|------|---------------|-----------|---|---|-----------|---|----------|----------|-----------------------|
| 1 | Power | Willpower | “Persevere toward a worthy goal” | Helen Keller | Explorer | Little Engine that Could Suffy the Tugboat | Oak tree | Orange | Bear |
| 2 | Community | Care | “Love your neighbor as yourself” | Oskar Schindler | Steward | Hansel and Gretel Wizard of Oz Robin Hood | Forest | Green | Dog |
| 3 | Danger | Vigilance | “Be smart with your heart” | Harriet Tubman | Sage | Little Red Riding Hood Three Little Pigs The Brave Little Tailor | Thunder | Blue | Owl |
| 4 | Fear | Composure | “Stay calm in an emotional storm” | Dali Lama | Mystic | Brave Irene Old Yeller Bambi Jack and the Beanstalk Where the Wild Things Are | Water | Violet | Fox |
| 5 | Individuality | Empathy | “Let yourself be touched by the suffering of others” | Sister Theresa | Healer | Beauty and the Beast The Ugly Duckling | Moon | Lavender | Deer |
| 6 | Morality | Integrity | “Act consistently with your principles” | Gandhi | Alchemist | The Little Red Hen The Steadfast Tin Soldier | Star | White | Eagle |
| 7 | Justice | Honor | “Take responsibility for your behavior” | Nelson Mandela | Stoic | Pinocchio King Midas The Boy Who Cried Wolf | Sun | Gold | Lion |
| 8 | Heroism | Valor | “Be kind and take risks to protect yourself and others” | Martin Luther King | Champion | The Little Dutch Boy The Snow Queen Indiana Jones | Fire | Red | Ram |



¹ This chart is intended to encourage discussion and for playful use by readers of *Raising Courageous Kids: Eight Steps to Practical Heroism*. Like other resources at <http://www.raisingcourageouskids.com> created by the author, it is subject to revision. Do you have a famous person or well-known story to nominate for one of these steps? Do you think a mythological character, element of nature, color, or creature should be assigned to a different step? Let me know how you would arrange them and provide a rationale. Send your suggestions and comments to casmith@ksu.edu. Thanks to Sarah Smith for her suggestions.

² Each of these individuals embodies all the eight skills. I chose one skill for how clearly their lives demonstrated that talent.

³ See my *Everyday Hero* educational program for 10-13 year olds at <http://www.ksu.edu/wwwparent/programs/hero/> for an example of using animal metaphors with children.