

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>2</div> <p>Join a <u>courageous community</u>.</p>	<div>3</div> <p>Ask yourself: <u>What does courage look like?</u></p>	<div>4</div> <p><u>Check in</u> with your people.</p>	<div>5</div> <p>Practice <u>deep listening</u>.</p>	<div>6</div> <p>Lead with <u>kindness</u>.</p>	<div>7</div> <p>Watch an <u>inspiring movie</u>.</p>	<div>1</div> <p>Take a deep <u>breath</u>.</p>
<div>9</div> <p>Practice <u>kindness toward yourself</u>.</p>	<div>10</div> <p>Disagree <u>without debate</u>.</p>	<div>11</div> <p>Share your <u>courage hero</u>.</p>	<div>12</div> <p><u>Show love</u> to your community.</p>	<div>13</div> <p>Revisit your <u>"ways of being"</u> together.</p>	<div>14</div> <p>Reflect on <u>obstacles</u> to courage.</p>	<div>8</div> <p>Face a <u>fear</u>.</p>
<div>16</div> <p>Put down the <u>"put-downs"</u>.</p>	<div>17</div> <p>Reflect upon your school or class <u>culture</u>.</p>	<div>18</div> <p>Share <u>stories</u> of courage.</p>	<div>19</div> <p>Help others <u>feel safe</u> to be themselves.</p>	<div>20</div> <p>Consider a <u>courage challenge</u>.</p>	<div>21</div> <p>Alter your <u>perspective</u>.</p>	<div>15</div> <p>Reach out to the <u>right people</u>.</p>
<div>23</div> <p>Expand your <u>circle of community</u>.</p>	<div>24</div> <p>Practice <u>quiet observation</u>.</p>	<div>25</div> <p>Treat your community with <u>dignity and care</u>.</p>	<div>26</div> <p>Help others learn to <u>speak up</u>.</p>	<div>27</div> <p>Be <u>curious</u> about your community.</p>	<div>28</div> <p>Listen to <u>parents and caregivers</u>.</p>	<div>22</div> <p>Restore through <u>silence</u>.</p>
<div>30</div> <p>Practice <u>fierce compassion</u>.</p>	<div>31</div> <p>Join our community meeting, <u>From Challenge to Change!</u></p>					<div>29</div> <p>Model <u>care and concern</u>.</p>