

THE DANDELION FAMILY CURRICULUM

Where Courage Blooms

September Youth Curriculum

Early Elementary | Kindergarten–Grade 2

Big feelings, brave choices, and growing together

GROW TOGETHER Four weekly lessons designed to help children and teens explore the same pillars as the adults in their family—at a pace and depth that fits their stage of development.

Name: _____ September: _____

A guide for caring adults

This workbook helps young people participate in the same monthly conversation as the adults in their family. It is educational and reflective. It does not replace therapy, medical care, legal advice, crisis intervention, or school support services.

CHOICE & SAFETY A child or teen may pass, pause, draw instead of write, request privacy, or ask to speak with a trusted adult. Do not require disclosure of painful experiences.

How to use each weekly lesson

1. **Connect:** Begin with the story or scenario and invite observations without forcing personal sharing.
2. **Learn:** Review the three key ideas and clarify unfamiliar words.
3. **Practice:** Complete the activity and one real-life skill rehearsal.
4. **Reflect:** Let the young person write, draw, discuss, or pass.
5. **Grow Together:** Use the shared family practice with the adult lesson for that pillar.

Support and safeguarding

If a young person describes abuse, danger, self-harm, or another serious safety concern, stay calm, listen, avoid promising secrecy, and follow applicable safeguarding and reporting requirements. In the United States, call or text 988 for immediate mental-health crisis support; call 911 for immediate danger.

September family rhythm

Week 1 — HEALING: My Story, Safety & Self-Compassion

Week 2 — GROWTH: Patterns, Resilience & Healthy Boundaries

Week 3 — EMPOWERMENT: Worth, Voice & Courageous Choices

Week 4 — COMMUNITY: Healthy Relationships & Support

Week 1 • HEALING

My Story, Safety & Self-Compassion

THIS WEEK'S TRUTH What happened to me is part of my story, but it does not decide my worth or my future.

Begin with the story

Mia's tower falls during playtime. Her face gets hot and tears come. She wants to yell, but she remembers: Stop. Breathe. Name. Ask. Mia says, "I feel sad and mad. Can you sit with me?" Her feeling is real, and she is still safe and loved.

What do you notice?

Three ideas to remember

- Feelings are messages, not commands.
- Bodies give clues: tight hands, fast heart, tears, or a tummy ache.
- A trusted grown-up can help with feelings that feel too big.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 1 Practice • HEALING

Activity

Draw Your Calm Garden: In the center, draw yourself. Add three flowers. On each flower, draw or write one thing that helps you feel calm—breathing, a hug, quiet music, prayer, movement, or talking.

Pause and reflect

Today I feel...

My body tells me...

A safe grown-up I can talk to is...

COURAGE IN ACTION Use the four-step calm-down: STOP your body, BREATHE slowly, NAME the feeling, ASK for what you need.

GROW TOGETHER Create a family calm plan. Each person names one feeling, one calming choice, and one trusted person they can ask for help.

OPTIONAL FAITH CONNECTION Read Psalm 34:18 or another comforting passage. Talk about how faith can remind us that we are not alone when feelings are heavy.

Week 2 • GROWTH

Patterns, Resilience & Healthy Boundaries

THIS WEEK'S TRUTH I can notice what is not helping, learn a new response, and protect the space I need to grow.

Begin with the story

Noah always quits when a puzzle feels hard. Today he notices the pattern. He takes a break, asks for one hint, and tries again. Growth does not mean never struggling. It means learning what can help next.

What do you notice?

Three ideas to remember

- A pattern is something that happens again and again.
- A boundary is a clear, kind limit that helps protect safety and respect.
- Mistakes can teach us what to try next.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 2 Practice • GROWTH

Activity

Make a Growth Path: Draw three stepping stones labeled NOTICE, CHOOSE, TRY. Add a picture of one small change you want to practice.

Pause and reflect

Something that is hard for me is...

A helpful choice I can try is...

A kind boundary sounds like...

COURAGE IN ACTION Practice one boundary sentence: “Please stop.” “I need space.” or “I need help from a grown-up.”

GROW TOGETHER Choose one family reset routine: pause, name the problem, choose a respectful next step, and repair when needed.

OPTIONAL FAITH CONNECTION Read Romans 12:2 or another passage about renewal. Discuss one thought or habit your family wants to practice differently.

Week 3 • EMPOWERMENT

Worth, Voice & Courageous Choices

THIS WEEK'S TRUTH My voice matters. I can make thoughtful choices, ask for help, and speak with courage and respect.

Begin with the story

Ava's friends want her to do something that feels wrong. Her stomach feels wiggly. Ava remembers that her voice matters. She says, “No, I don't want to,” and finds a trusted adult. That is a courageous choice.

What do you notice?

Three ideas to remember

- Worth means every person matters—including you.
- Courage can be quiet: asking a question, saying no, or telling the truth.
- Safe choices do not require keeping scary secrets.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 3 Practice • EMPOWERMENT

Activity

Create a Courage Shield: Divide a shield into four parts—My Strength, My Voice, My Helpers, and My Wise Choice.

Pause and reflect

I am proud that I can...

My brave words are...

Someone who helps me choose wisely is...

COURAGE IN ACTION Stand tall and practice: “My feelings matter. My body belongs to me. I can ask for help.”

GROW TOGETHER Hold a family choice circle. Let each person share one decision, the facts they know, the support they need, and their next wise step.

OPTIONAL FAITH CONNECTION Read Ephesians 2:10 or another passage about purpose. Name gifts and strengths you see in one another.

Week 4 • COMMUNITY

Healthy Relationships & Support

THIS WEEK'S TRUTH Healthy connection includes respect, honesty, boundaries, repair, and room for every person to be whole.

Begin with the story

Eli sees a new student sitting alone. He asks, “Would you like to play?” When they disagree about the game, they listen and choose a fair rule. Community grows through welcome, respect, and repair.

What do you notice?

Three ideas to remember

- Healthy friends are kind, honest, and respectful.
- Taking turns, listening, and apologizing help repair hurt.
- You never have to stay close to someone who keeps being unsafe.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 4 Practice • COMMUNITY

Activity

Build a Helping Hand: Trace your hand. On each finger, write or draw one person or place that can support you.

Pause and reflect

A good friend...

I can help someone by...

If I feel unsafe, I will...

COURAGE IN ACTION Do one connection action: invite, include, listen, encourage, thank, or ask a grown-up for help.

GROW TOGETHER Build a family support map with people, places, and community resources that help each person feel safe, known, and encouraged.

OPTIONAL FAITH CONNECTION Read Ecclesiastes 4:9-10 or another passage about support. Discuss what it looks like to help without controlling or judging.

September Family Celebration

Where Courage Blooms

CARRY THIS WITH YOU Growth is not perfection. It is the courage to notice, practice, ask for support, repair, and begin again.

My four-pillar reflection

HEALING — Something I learned about feelings, safety, or compassion is...

GROWTH — A pattern, boundary, or resilience skill I want to keep practicing is...

EMPOWERMENT — A strength, value, or courageous choice I recognize in myself is...

COMMUNITY — A relationship or support practice I want to carry forward is...

Our family courage commitment

As a family, we will make room for honest feelings, respectful boundaries, brave choices, healthy support, and new beginnings. We will listen without forcing, help without controlling, and keep growing together.

Young person: _____ Caring adult:

Date: _____