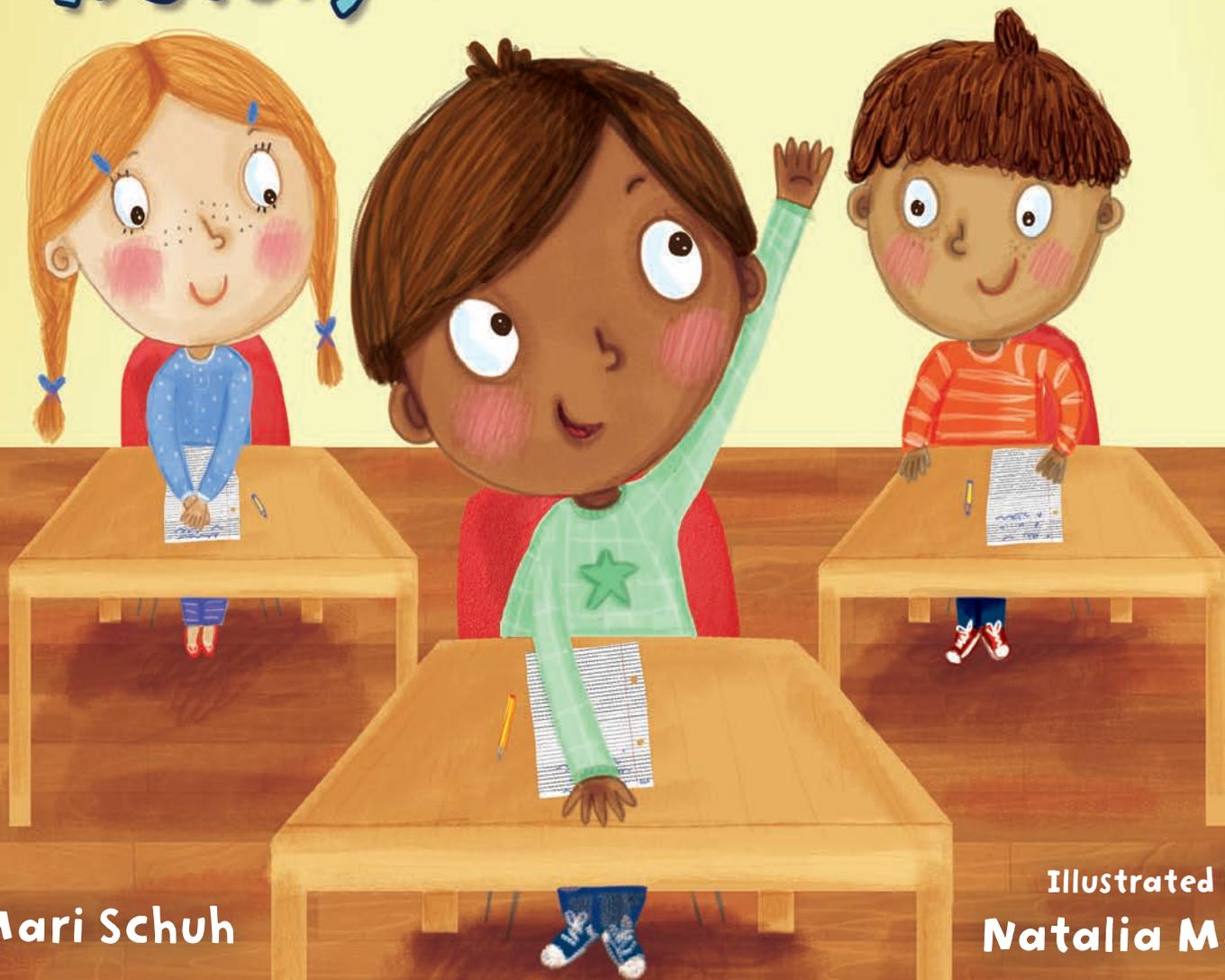


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Stories with Character

Bundle of Nerves

A Story of Courage



Mari Schuh

Illustrated by
Natalia Moore

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Bundle of Nerves

A Story of Courage



Mari Schuh

illustrated by **Natalia Moore**

M MILLBROOK PRESS • MINNEAPOLIS

To the Martin County Library —M.S.

For Terry, Andy, and Mike, With Love, Natalia

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Chapter One

So Very Nervous

Ring! Ring!

My alarm goes off.

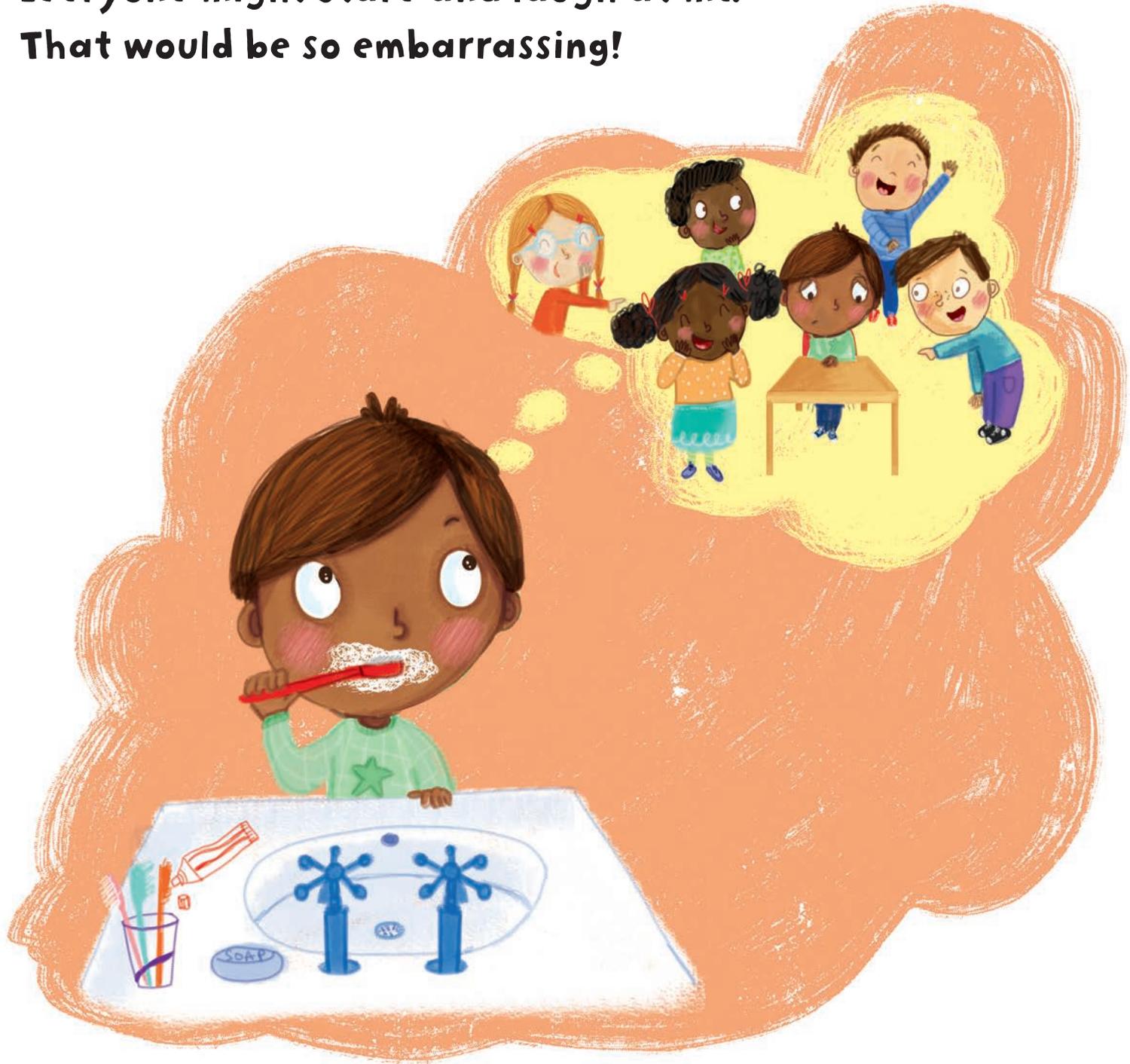
Today is the first day of school!





My stomach feels funny. **I'm so nervous.**
My big brother says I'm a bundle of nerves.
I think he's right!

**"What if my teacher calls on me?
What if I don't know what to do?"
Everyone might stare and laugh at me.
That would be so embarrassing!"**



An illustration of a father and son at a bus stop. The father, wearing a blue suit and red tie, is kneeling and hugging the son from behind. The son, wearing a yellow shirt and red backpack, looks nervous. A red octagonal stop sign is on a pole to the left. The background shows a blue sky with clouds, green grass with flowers, and a tree on the right.

Having courage is doing something that's hard to do, even though you're afraid.

Dad gives me a big hug at the bus stop.
"Have **Courage**, Luis, and you'll do great,"
he says. "I bet you'll even have fun!"

Chapter Two

Being Brave

The bus pulls up, and I get on. It's almost full!
There's a boy sitting by himself. "Can I sit
with you?" I ask.

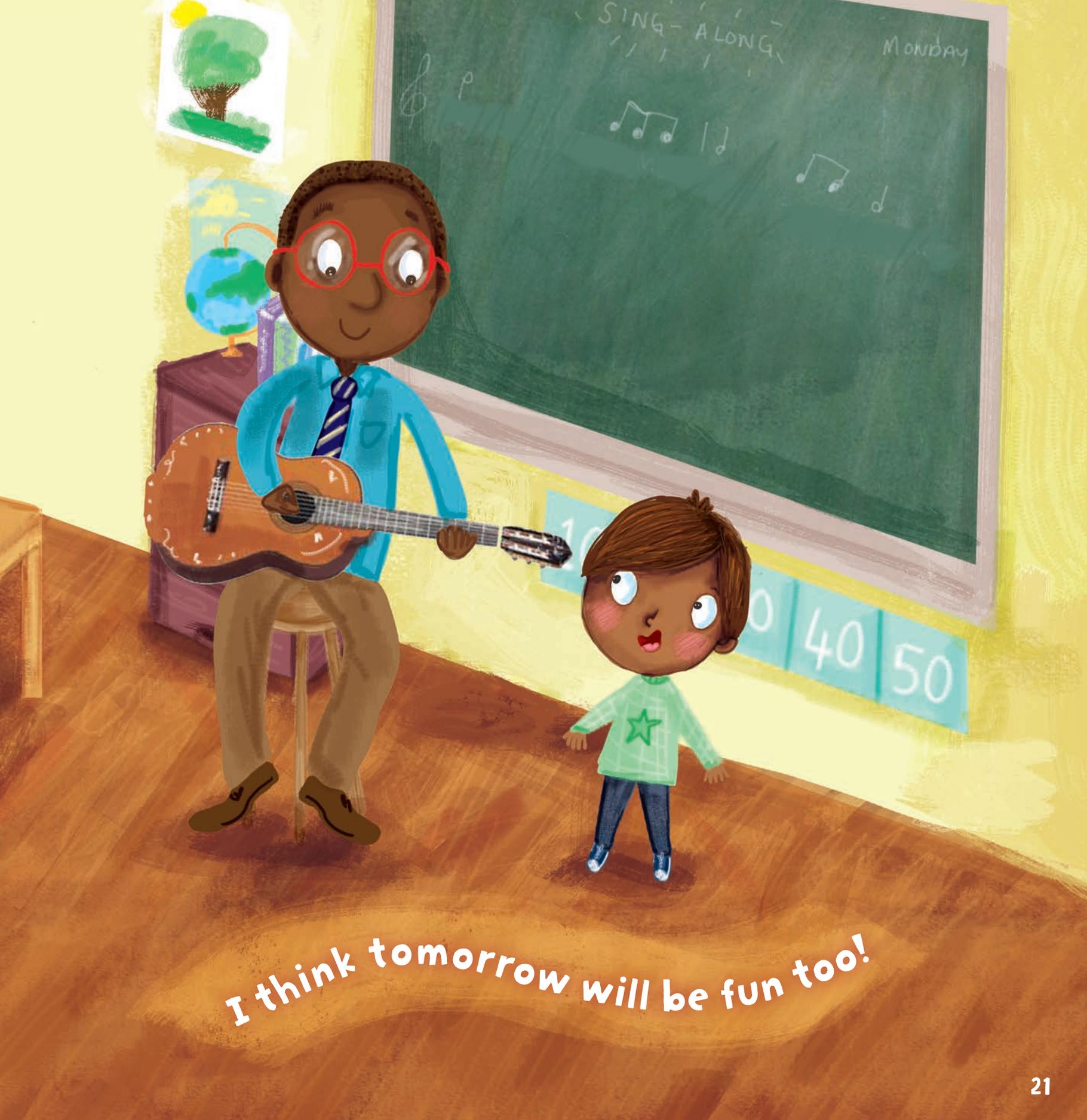


An illustration of a train car with blue seats. Five children are visible: two girls in the top row (one blonde, one orange-haired), two girls in the middle row (one brown-haired, one black-haired), and a boy in the bottom row (dark-skinned). A boy with brown hair and a yellow jacket is standing in the foreground. The train is moving through a landscape with a road, green hills, and a blue sky with clouds. The train's exterior is yellow and orange.

I think I made a new friend!

**Dad was right. I had courage, and
today ended up being lots of fun.**





I think tomorrow will be fun too!

Make a Courage Calendar

When you think about it, you'll see you do many things that take courage! Pay attention to things you do at home and at school. Before you go to bed, think about your day. Did you do anything that took courage? Did you learn something new? Or did you stand up for what you believe in?

Make your own courage calendar to keep track of what you do that takes courage.

What You Will Need
a large monthly calendar
stars or stickers



What You Will Do

- 1) If you did something that takes courage today, find today's date on the calendar and put a star or a sticker on that date.
- 2) All month, think about your day before you go to bed. Put a star on the calendar if you used courage in any way.
- 3) At the end of the month, count all your stars. How many do you have? Maybe you will have even more stars next month!

GLOSSARY

bundle: a group of something

courage: the ability to bravely face hard tasks or situations

embarrassing: something that makes you feel foolish in front of others

nerves: feelings of being frightened or worried

nervous: worried about something

Sing-along: a fun time when people sing songs together

TO LEARN MORE

BOOKS

Hanson, Anders. *Stand Up for Yourself: The Kids' Book of Courage*. Minneapolis: Abdo, 2015. Discover lots of different ways to show courage throughout your day.

McKee, David. *Elmer and the Monster*. Minneapolis: Andersen Press USA, 2014. Read about how an elephant named Elmer shows courage in the jungle.

Meiners, Cheri J. *Have Courage!* Minneapolis: Free Spirit, 2014. Read more about how to have courage at school and at home.

Schuh, Mari. *Yes I Can! A Story of Grit*. Minneapolis: Millbrook Press, 2018. Learn about another important quality to have—grit, which is the ability to keep working toward a goal no matter what.

WEBSITES

Courage

<http://characterfirsteducation.com/c/curriculum-detail/2272029>

Visit this website and watch the videos to learn more about courage.

Courage Crossword Puzzle

<http://kidsandvalues.com/wp-content/uploads/2011/10/courage4.pdf>

Work on this word search puzzle to learn ten ways to show courage in your life.

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Luis is feeling nervous about the first day of school. His stomach hurts, and he's worried he won't know what to do if his teacher calls on him! From meeting new friends to asking for help finding his classroom, Luis has many new things to try. Turns out the first day of school isn't so bad after all! Find out how Luis uses courage to help him get through the day.

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