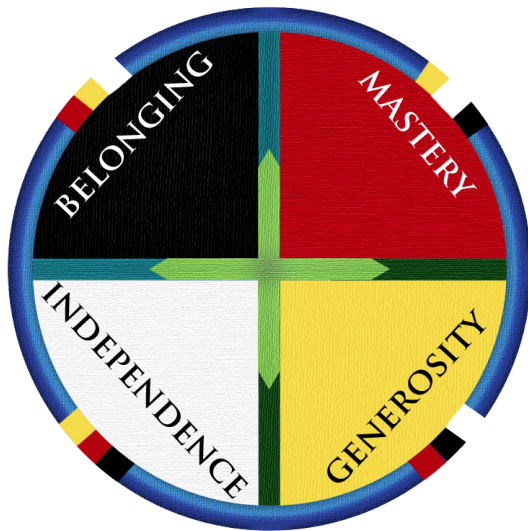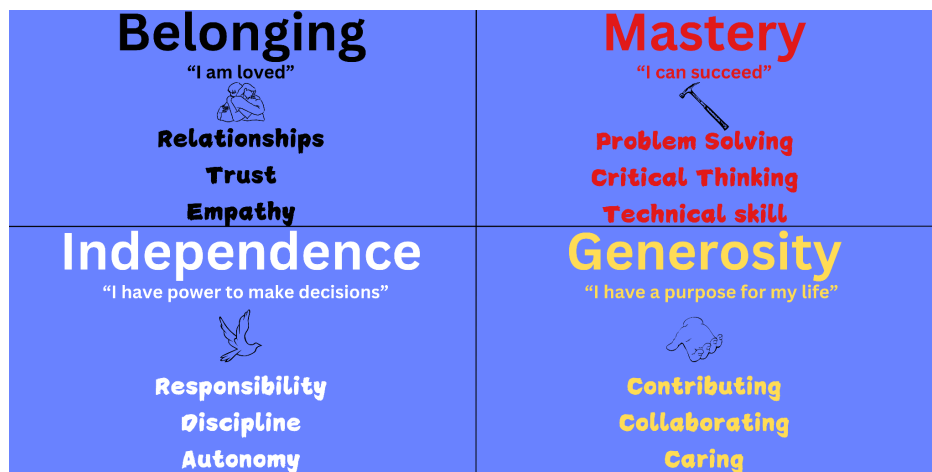Stephen McCaugherty
EDIE3100 - October 16, 2024

The Science of Raising Courageous Kids
"Circle of Courage"

Promoting positive child development is fundamental in Indigenous teachings, and their principles date back much earlier than the Eurocentric philosophies and practices of today.
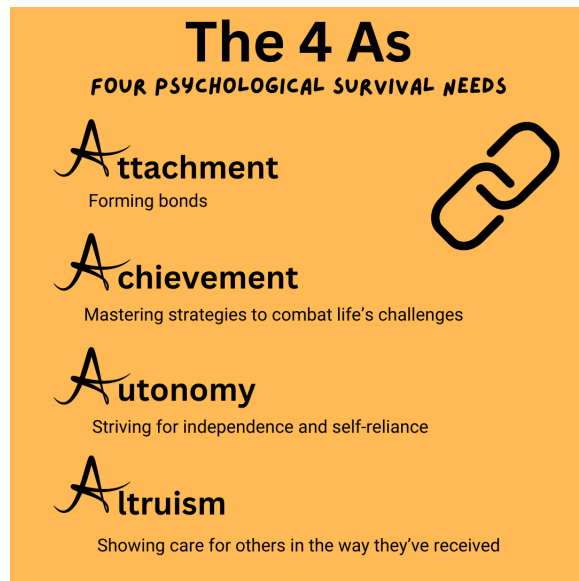

The Circle of Courage depicts four critical values that must be nurtured and prioritized in children as they grow into adults. These are non-negotiable factors. They're universal human needs that must be developed regardless of where someone comes from, whether they're of Indigenous or European descent, or from somewhere else in the world.

The model is based on the medicine wheel, an Indigenous symbol representing traditional worldviews (Katz et al., 2018, p. 25). Children are viewed as sacred, and the Circle of Courage is rooted in dignity and respect.

Belonging	Mastery
"I am loved"	"I can succeed"
Relationships	Problem Solving
Trust	Critical Thinking
Empathy	Technical skill
Independence	**Generosity**
"I have power to make decisions"	"I have a purpose for my life"
Responsibility	Contributing
Discipline	Collaborating
Autonomy	Caring

(Brendtro, Brokenleg, & Van Bockern, 2002)

What can happen if one or more of these elements are neglected in a child's development? Specific examples?

The 4 As

FOUR PSYCHOLOGICAL SURVIVAL NEEDS

Attachment
Forming bonds

Achievement
Mastering strategies to combat life's challenges

Autonomy
Striving for independence and self-reliance

Altruism
Showing care for others in the way they've received

These four elements are key for positive psychological and social development in children.

Attachment + Achievement + Autonomy + Altruism = A thriving child

AKA *The human resilience code*

Without the 4 As, a child's development is impeded which could lead to negative consequences.

What is one consequence for each undeveloped A? How do the 4 As promote resilience in children?

_____

Children determine their self-worth through these four criteria (Coopersmith, 1967).

Significance + Competence + Power + Virtue = foundational to positive self-esteem.

How can a caregiver help nurture a child's self-worth? Let's look at each benchmark.

True or False?

The Circle of Courage, 4 As, and Positive Self-Worth are all connected.

Positive Self-Worth

Significance
Children require affection and attention from others.
"Do I matter?"

Compentence
Children must know what it's like to succeed and achieve.
"Am I skilled at something?"

Power
Children need to have the ability to affect their destiny and influence others.
"Can I change things?"

Virtue
Children must develop a moral code and ethics.
"Am I a good person?"

True	Circle of Courage	Markers of Resilience	Foundations of Self-Worth
	Belonging	Attachment	Significance
	Mastery	Achievement	Competence
	Independence	Autonomy	Power
	Generosity	Altruism	Virtue

Broken Circles

Children's behaviours and problems adults deal with can be directly linked to unmet basic human needs

Lacking belonging
- Walls, anger, withdrawn

Lacking mastery
- Low confidence, failure mentality

Lacking independence
- Helplessness, overly dependent

Lacking generosity
- Selfishness, large ego, untrustworthy

What are the consequences of low resilience or self-esteem?

Remedy? As a teacher, creating a culture of mutual respect at school is paramount. Collaborating with students and addressing their potential broken circles will help foster positive relationships and in turn, psychological and social development.

Final Discussion ?s

In your experience, have you been a part of a school that's fostered Indigenous values, even in a Eurocentric way?

How can the Circle of Courage values be implemented in a classroom?

Thank You

Any questions?

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