

COURAGE – The PC Degree

Physical Courage comes from learning to face fear and pain. To earn your PC Degree, you must meet the three requirements below.

1 It takes courage to try new things. To help you do this, take the Courage Taste Test. Use the table below to identify the items in the test.

Item	Solid or Liquid	Hot or Cold	Sweet or Sour	Hard or Soft	My Best Guess
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

2 Courageous people are also strong and resilient. To meet this requirement in the PC Degree, you must complete the Strength Test. Ask a parent, teacher or friend to sign each task once you have completed it. These tasks might be best if completed outside. (Adjust to suit the ages and abilities of the children.)

	TASK	Parent/Teacher Signature
1	Leap Frog: Find 5 medium-sized items such as bricks, toys, or a tissue box. Arrange them in a row with one foot or more of space in between each. Jump over them, one after the other. Repeat two times.	
2	Book Press: Find a heavy item such as a book or a large rock. Lift the item above your head five times in a row.	
3	50 m Dash: Run as fast as you can for approximately 25 m; then turn around and race back home.	
4	Feather Toss: Find a feather, tissue, or other lightweight object. Take three tries and toss it as far as possible.	
5	Egg Delivery: Put an egg or other similar item on a large spoon and walk 20 steps or more without dropping it on the ground. If you do drop it, pick it up and starting counting your steps again.	

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