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# FEATS OF COURAGE

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# CHAPTER 1

## HEROES AND COURAGE

What makes a hero? Some people say strength. Others say **empathy**. But many agree on one thing. All heroes need **courage**.

Courage helps people do things that scare them. Soldiers run into battle. Pilots fly into storms. A student raises her hand in class. All of them may feel fear. However, they push beyond the fear.

Heroes may be faced with danger and fear. Even still, they do great things. These heroic actions can be called feats.







A feat of courage can be small. It might help one person. Maybe it helps one animal. Small feats happen every day. Large feats are rare. Big, heroic actions can change a country. Some change the entire world.

People look up to heroes. They like to learn about them. Stories of courage are inspiring. Reading these stories can help readers be courageous too.





## HERACLES THE PROTECTOR

People in ancient Greece loved hero stories. These tales are about 3,000 years old. One favorite hero was Heracles. In Rome, his name was Hercules.

The hero's father was a god named Zeus. His mother was a Greek woman. Heracles was kind and very strong. This strength let him battle many monsters.

Heracles went through many hardships. He had inner strength too. This made him an inspirational hero. The Greeks saw him as a protector.





# CHAPTER 2

## CIVIL RIGHTS

Slaves are people who work without pay. They are not free. Long ago, Americans had slaves. People were taken from Africa and sold. This ended in the 1800s.

After slavery, African Americans did not have equal rights. White people and African Americans were kept apart. There were separate schools. African Americans had to use different libraries too. This separation was called **segregation**. It was the law. Then, the Civil Rights Movement happened in the 1950s. Things began to change. African Americans stood up for their rights. Many people had courage.





CIVIL RIGHTS RALLY



It only took a moment for Rosa Parks to change the world. She was riding a bus. The driver told her to move. Her seat would go to a white man. Parks refused. This action was shocking. Rules were always obeyed. This woman was one of the first to break the rules. Police arrested her.



**ROSA PARKS**

# GLOSSARY

**ACTIVIST**

a person who works to create change in politics or society

**ASTRONOMER**

a person who studies the stars, planets, and space

**BOYCOTT**

to refuse to take part in an event as a way of protesting

**COURAGE**

bravery

**CPR**

a method used to try to save the life of someone who has stopped breathing; stands for cardiopulmonary resuscitation

**DEMOCRACY**

a form of government in which people choose leaders by voting

**EMPATHY**

the ability to understand and share someone else's feelings

**EMPOWER**

to make someone stronger or more confident

**FEMINIST**

a person who believes in equal rights for women

**GRENADE**

a small bomb that can be thrown or shot from a gun



# FEATS OF COURAGE

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Heroes are all around us. They may be famous for their deeds, or they could be our friends and neighbors. What sets heroes apart from the crowd is courage. It takes courage to save a life, help others, or fight for what you believe in. How have heroes made an impact on your life?

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