



Heroes Here in the Classroom

Heroes:

Having people who believe in you and are there for you when you need them.

Objective:

Students will be able to recognize that they are Heroes to the people they interact with every day. Students will be able to identify ways that they can be an everyday Hero at school and in the community.

Materials:

List of student actions to post online, on board, or in handouts for students.

Steps:

- Review the list of student actions on the Condition of Heroes by putting the list on the board or creating a shared Google document.
 - Volunteer to work with someone on a group project who is often left out.
 - Speak out when you see someone being treated unfairly
 - Take the time to thank the school custodians, lunch workers, and secretaries.
 - Mentor or give advice to a new student.
 - Mentor or give advice to a younger student.
 - Seek out an adult at school you can talk to about issues. Introduce yourself and check in with this person on a regular basis.
 - Actively respect students who are different from you.
 - Write a letter or create a social media post to thank someone who has been a Hero to you.
 - Tweet a picture of your Hero and explain what characteristics and personal traits you admire. Challenge your peers to do the same.
 - Post a quote about everyday Heroes to Instagram. Write a caption explaining the importance of Heroes. Challenge your peers to do the same.

- Watch a movie or TV show that relates to the Condition of Heroes. Explain to your class what you learned from it and how it could apply to your school.
 - Identify a short story that relates to the Condition of Heroes. Explain what you learned to your class.
 - Identify informational text or a nonfiction piece that relates to the Condition of Heroes. Explain what you learned to your class.
 - Find and post lyrics to a song that reminds you of the Condition of Heroes.
 - Invite your teachers to eat lunch with you and your friends.
 - Using an app like Red Stamp, create, and send a personalized thank you note to a peer.
 - Send letters of thanks and support to soldiers (home and abroad), law enforcement officers, EMTs, firefighters, or nurses.
 - Interview your principal about the importance of Heroes and share what you learned with the team.
 - Write a thank you note to a Hero using Punchbowl free, digital thank-you cards.
- As you review the list, invite students to create other ideas on how they can be Heroes.
 - Have students sign up for the Heroes task of their choice.
 - Create a class list to hold students accountable for their actions.
 - Students will document or record their evidence of their action through video recording, audio recording, pictures, or journal reflection.

Personal Reflection:

- How did your action help foster the Condition of Heroes?
- How do you see yourself being a Hero every day?
- How do you see your classmates being Heroes every day?

Group Reflection:

Students can present their findings in small groups. Students should discuss the following questions and create a shared writing product via Google docs, class blog, or traditional journals.

- To make sure I have a Hero in my life I could . . .
- The people I can turn to for support and guidance are . . .
- I support the Condition of Heroes for others by . . .
- To better support the Condition of Heroes for me, adults could . . .
- To better support the Condition of Heroes for me, other students could . . .

Extended Learning:

Create a whole school challenge for every student to take an action step that fosters the Condition of Heroes. Find an effective way to communicate challenges with the rest of the student body.

Research teenagers who are everyday Heroes on the Web. Explore “Teenagers in the Times” from the New York Times [Learning Network](#) or other relevant websites that highlights the work of teenagers.

Notes
