



# My HERO!

Taps into: Students' role models.

Resources needed: Paper and coloured pencils

## INTRODUCE THE ACTIVITY

We all have people in our lives who we look up to, who inspire us, and sometimes help us choose our path in life. These people are called "role models", meaning that they help us learn to "play" better certain roles in our lives.

For instance, some of our heroes help us be better students or better friends. Today, we'll explore one of your heroes, who can be a person from your family, group of friends/colleagues/teachers or someone from movies/games/books/social media who inspires you.

## CELEBRATE IT!

Pick a classmate and look at the things that inspire them in their hero. Are they like yours or are they different from yours?

## TIP FOR TEACHERS

Encourage students to take one or two minutes to think of a personal hero. If needed, you can give them additional prompts, like: What does your hero do for a living? Where have you met your hero (in real life or in the virtual world)?

## DO THE ACTIVITY

Each of you received a piece of paper. First think about this: "Who is my hero? Who inspires me?".

Then, write down or draw (whichever you like better), 3 things that inspire you when you think of your hero.



Building  
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