

OUR HEROES



Taps into: The class's role models.
Research links: **sharing and affirming core values.**
Resources needed: Paper and colored 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"**.

Role models 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.**

Then, we'll play a detective game, to see if one of your classmates can guess who your hero is.

Last, you will take turns and play the detective to try and work out who your classmate's hero is.



DO THE ACTIVITY

Part 1. Each of you received a piece of paper. First think about this: “Who is my hero? Who inspires me?”. We will call this the Hero Inspiration sheet.

Part 2. Write down or draw (whichever you like better) 3 things that inspire you when you think of your hero.

Part 3. After you finish, go to one of your colleagues, show them your Hero Inspiration sheet, and let them ask you more questions about your hero. This is important detective work, to find out who inspires your classmates.

See if they can figure out who your hero is. When this is over, name your hero, on your Hero Inspiration sheet.

Part 4. Last, you take turns and do the same activity for your colleague’s Hero Inspiration sheet.

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)? Why have you chosen this hero?

Frame the activity as cool detective work to find out interesting things about our class. You can use small tokens (candy, colored stickers) to praise students who get involved in the activity and even create small prizes for them, like the most creative, the most involved, and so on.



CELEBRATE THE ACTIVITY



You have learnt so much about each other, just by finding out more about your heroes.

Can your hero be an inspiration also for other classmates?
Is your hero someone you’ve met in real life, or people or even characters from the virtual world (games, books, social media and so on)?