

September:  
WEEK THREE



# MY HEROES

## THE AGENDA:

*Discuss: What defines a Hero? Name some famous heroes. Who are some of your personal heroes? How do they inspire you?*

- ◇ Learn more about an inspiring person
- ◇ Write a letter to your hero or a poem about them
- ◇ “Courage” Worksheet

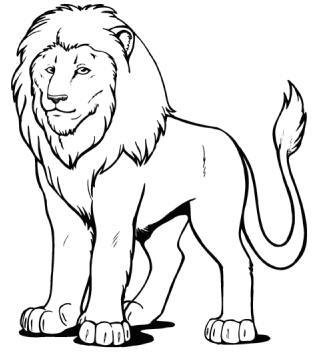


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- ◇ Create an Obstacle Course in the Gym



- ◇ Argh Matey! September 19th is Talk Like a Pirate Day. Read from *Peter Pan* or *Treasure Island* in your best pirate voice!

# COURAGE:



What do you think it means to show *courage*?

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Who is someone you know that shows courage? How has this person showed courage?  
(*eg. standing up to a bully, overcoming an obstacle...*)

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What is one time that you have shown courage?

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Why did you show courage? (*eg. to solve a problem, it was the right thing to do, etc.*)

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What happened as a result of showing courage? (*Did you feel happier? Did you feel proud of yourself? Did you make a new friend?*)

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What are some things that you are ready to show courage over?  
(*eg. joining a new club, having a tough talk with a parent, making a new friend, etc.*)

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