



Feel Like A Hero

manual
for ages up to 10

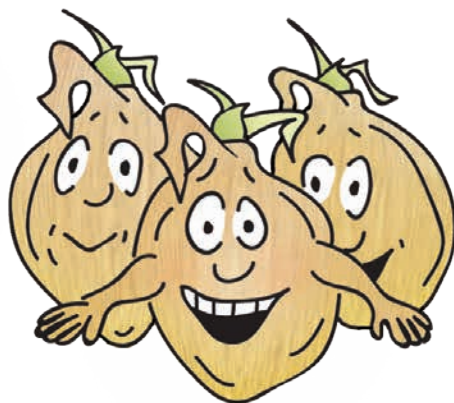
Introduction

This manual is designed to glorify and spark the goodness and strength in children. The goal is to assist them to feel more empowered and positive about themselves and put these gifts into practice.

This world is filled with so much negativity and unfortunately the children are over-exposed to it. Mentorship is almost unheard of today. Therefore, the exercises are created so children can find their own unique attribute, and remind them as to how wonderful they are.

It may be used in many settings including home, schools, hospitals, children's clubs/organizations, classes, church groups and more. The lessons may be divided into daily, weekly, bimonthly or monthly activities, with individuals or groups.

As facilitators of any kind, whether teacher, parent, counselor, coach or therapist, we have a responsibility to ignite positivity. This alone, will create the change the world is yearning for.



Hero "C" Exercises

Exercise One: **C**haracter Building...*for individuals or groups*

For Groups

1. Have kids sit in a circle. Lay the 24 attributes down.
2. Each child picks an attribute.
3. They tell a story about themselves in relationship to the attribute. When they finish their story, it is time to cheer and clap.

For Individuals

1. Have a child pick one attribute a day.
2. Have them tell a story in relation to this attribute.
3. Always remember to honor them for this attribute.
4. Use the calendar with their daily attributes.

Exercise Two: **C**harades...*for individuals or groups*

1. Have kids sit in a circle. Lay the 24 attributes down.
2. Each child picks an attribute. Though they are playing charades, they are told that the attribute they pick is just for them to know, that this is an attribute they have.
3. They act out the attribute, as if playing charades and the other children have to guess the attribute.
4. With an individual, have them pick an attribute and act it out for you to guess.

Exercise Three: **C**reate a Story Time...*for groups*

1. Have kids sit in a circle. Lay the 24 attributes down.
2. Have each child pick an attribute. Though they are story telling, they are told that the attribute they pick is just for them, to know that this is an attribute they have.
3. They start a story about their attribute. As each child finishes their sentence, the next child has to add a sentence to the story which includes the attribute they picked.

Exercise Four: **C**onnecting to Attribute...*for individuals or groups*

Have the child pick an attribute and have them answer the following questions.

1. Who comes to mind when you think of _____ (the attribute)?
2. What are ways you can be more _____ (the attribute)?
3. Whom do you think could be more _____ (the attribute)?
4. When have you been _____ (the attribute)?
5. When have you seen someone being _____ (the attribute)?

You can use the **C**oloring page for all activities.

24 Hero Attribute Cards

Print and cut out each card to make your own deck!

Sorry

Peaceful

Courageous

Thankful

Giving

Truthful

Cautious

Happy

Sensitive

Good-Hearted

Team Player

Leader

Intelligent

Loving

Perseverant

Devoted

Artistic

Tolerant

Inspired

Humble

Forgiving

Open-minded

Compassionate

Flexible



Hero Coloring Page



I am a hero because I am _____



Name _____ Date _____

Hero Calendar Sheet

Name of Child _____ Month _____

The end... or The beginning

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