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WELCOME TO THE HERO BUILDER!

The heroes in my life could not leap tall buildings, stop runaway trains or fly faster than the speed of sound, but they gave the strongest hugs, spoke the most powerful of words, challenged me to the biggest of tasks, and set an example of what a real hero looked like! The heroes in my life were difference-makers who taught me that I could make a difference, too! My heroes believed in me when I didn't believe in myself. My heroes challenged me to live beyond my own limits and the limits others put on me. My heroes taught me that I was born to make a difference in the world. And, so are you!

What would it look like if we spent more time talking students INTO something on the front end rather than having to make the time to talk them OUT of something on the back end? The HERO Builder focuses on laying a character foundation by creating a culture that reflects possibility thinking rather than preventative thinking. The HERO Builder encourages students to live into the characteristics of the hero that is within them

As educators, youth leaders, coaches and parents, we have the opportunity to model for our students what it looks like to be somebody's hero. The HERO Builder provides the tools and resources needed to create the positive culture you desire for your students to become difference-makers in their schools, communities and homes.

I have discovered when I am helping bring out the hero in others, the hero within me gets stronger. That is for a couple of reasons: 1) I am accountable to others in setting an example of what a hero looks like, and 2) My self-confidence gets stronger as I live out the characteristics of a hero.

It is my desire for The HERO Builder to help students be the best version of themselves they can be. Doing something good to get an award, a gold star or temporary recognition is fine. But, being good because it's who you are provides a lifetime of achievements a gold star can't touch. It is teaching our students that a life of significance starts by intentionally living the characteristics of a hero daily.

Let's make a difference and build some heroes!

- Boyd Hamlin

PROGRAM OVERVIEW

"The HERO Builder" is designed to encourage, equip and empower you and give you the freedom to be creative with this material in an effort to customize its content to best meet the needs of your school and students.

ACTION CARDS

There are Hero Action Words that all start with H-E-R-O-E-S. The Hero Action Words have been provided along with Action Steps that will help students in applying each characteristic of a hero in their daily life. For example: The Hero Action Word is **Respect** - If you want to be respected, you must be respectful. The Hero Action Steps are - 1.) Respect self and 2.) Respect others.

You are encouraged to get index cards and have your class help you create and/or customize each card for the purpose of ownership of each HERO Action Word. Or, as a teacher, you can make the cards for your class. Just for fun - you can create a HERO board in your classroom to display each word your class is working on for the week. You can also make enough cards for each of the students to have their own.

WHERE TO FIND IT:

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STUDENT HERO 1-PAGERS

The 1-Pagers are designed for teachers and parents to create dialogue with their students. The Hero Note speaks into the Hero Action Word. The 1-Pager Character Traits come with questions that are for connection and dialogue to get the students talking. There are Benefits of this Hero Action Word being applied to our lives. The Action Items are questions to help us learn from living out the Hero Action Word. The 1-Pagers can be used through the week or at the end of the week in the classroom. The HERO in Action questions are the same on every 1-Pager for the purpose of establishing consistency in asking these important questions daily. The key is to develop HERO Habits that will serve them well throughout life. *Note: Students could have a HERO journal to keep track of their weekly HERO Actions to look back on at the end of the year as proof of the HERO they are. The 1-Pagers can also be copied and sent home to parents for continued support and growth at home.

WHERE TO FIND IT:

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VIDEO SCRIPTS

This resource comes equipped with Characteristics of a HERO videos that can be used for school and classroom announcements highlighting the characteristic of a hero for the week. But, how great would it be that a student who walks the hallways, sits in the classrooms, eats in the cafeteria makes the videos? Or, how about a teacher who you see every day and look up to being the face of the HERO Characteristic? We have provided video scripts to get your creative juices flowing and encourage you to customize each video for your school.

PRINCIPAL/TEACHER | WHERE TO FIND IT:

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PRE-MADE | WHERE TO FIND IT:

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TEACHER & PARENT TRAINING SESSIONS

There is no better way for students to learn the characteristics of a HERO than to see it being lived out by those who influence them. These 10 sessions will equip you to influence your students, parents and fellow staff in a positive way. The HERO Builder is not designed to help a teacher be a better teacher. It is designed to help a person be a better person. When we become better, those around us become better as a result.

The videos can be used during a session or in preparation for a session to be facilitated by a staff member or fellow teacher. Session outlines are included. Add in your personal stories and experiences to better connect with your audience.

The facilitator of the sessions is encouraged to send a follow-up email or video recapping the main points covered during each session for communication and accountability among staff members. The email or re-cap video provides the main points of each session and will keep your staff on the same page in case they miss a session.

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ASSEMBLIES

It is always fun getting the entire student body together for an assembly. But, assemblies can drain the bank and miss the point you wanted emphasized. Assemblies also have a tendency of speaking to a portion of the audience. The HERO Builder has taken into consideration the needs of the audience.

Guess what? You don't have to bring in a speaker for your assemblies if you don't want to. The HERO Builder has provided scripts so that you can do assemblies on your own. Yes, you read that right! You have who you need to lead an assembly in the school and community you serve. The talent you have in your own backyard is off the charts and ready to step into an opportunity that will make a difference.

The provided scripts work in a progressive order. Use them as a guide to create an impactful assembly for your students and staff.

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HERO BOWL

This is not a new idea, but it is a great idea in building community! The Hero Bowl is a great way to let others know they matter to you and what they do doesn't go unnoticed. The sky is the limit! Be creative and take it to the streets! Which heroes in your community can you highlight with a Hero Bowl?

Start with providing HERO Bowls for the unsung heroes (secretaries, custodians, nurses, cafeteria staff). An instruction card is placed in each HERO Bowl to be passed on throughout the school year until every teacher/staff has received it. A hero note should be written telling the recipient why they are your hero.

HERO Bowl instructions card: 3x5 or 4x6 Index Card

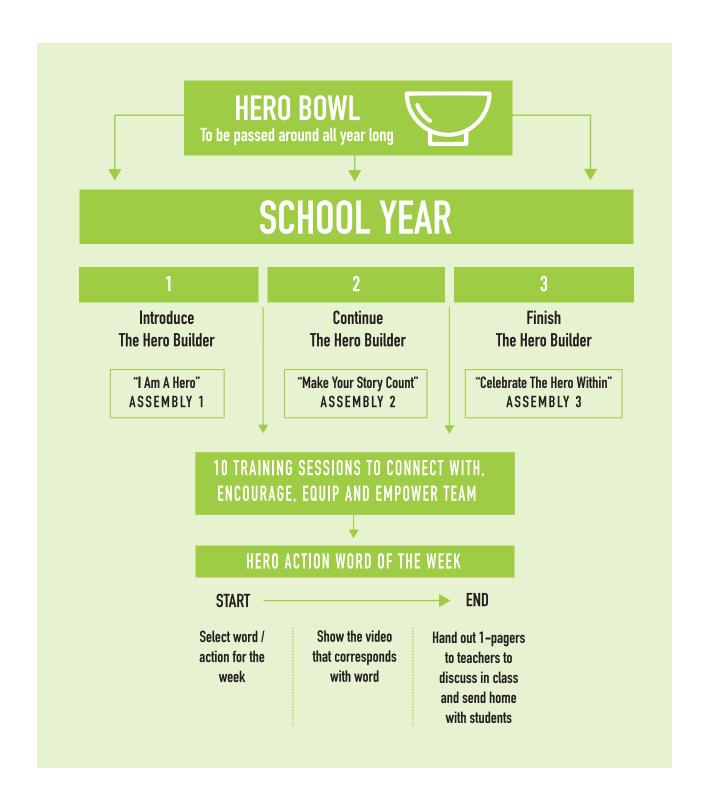
What goes in a HERO bowl: Hero cup/mug, superhero figurine, candy, popcorn, superhero movie, a note expressing why that person is a hero to you and a copy of the HERO Bowl instructions.

WHERE TO FIND IT:

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SPECIAL NOTE:

Use your password and download printables and videos to a thumb drive for easy access.



HELPFUL TIPS TO INCORPORATE 1-PAGERS AND ACTION WORDS

MONDAY

Before revealing the new HERO Action Word, ask the students how their HERO Action Word served others during the weekend.

Reveal the Hero Action Word. Create a HERO Board if you like.

TUESDAY

Discuss the questions from your 1-pager with your class (Front/Back of class time)

WEDNESDAY

Point out the benefits of the HERO Action Word you are covering that week.

THURSDAY

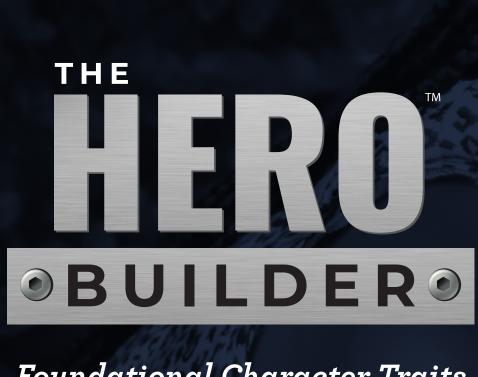
Cover the HERO Action Steps that will help develop HERO Habits.

FRIDAY

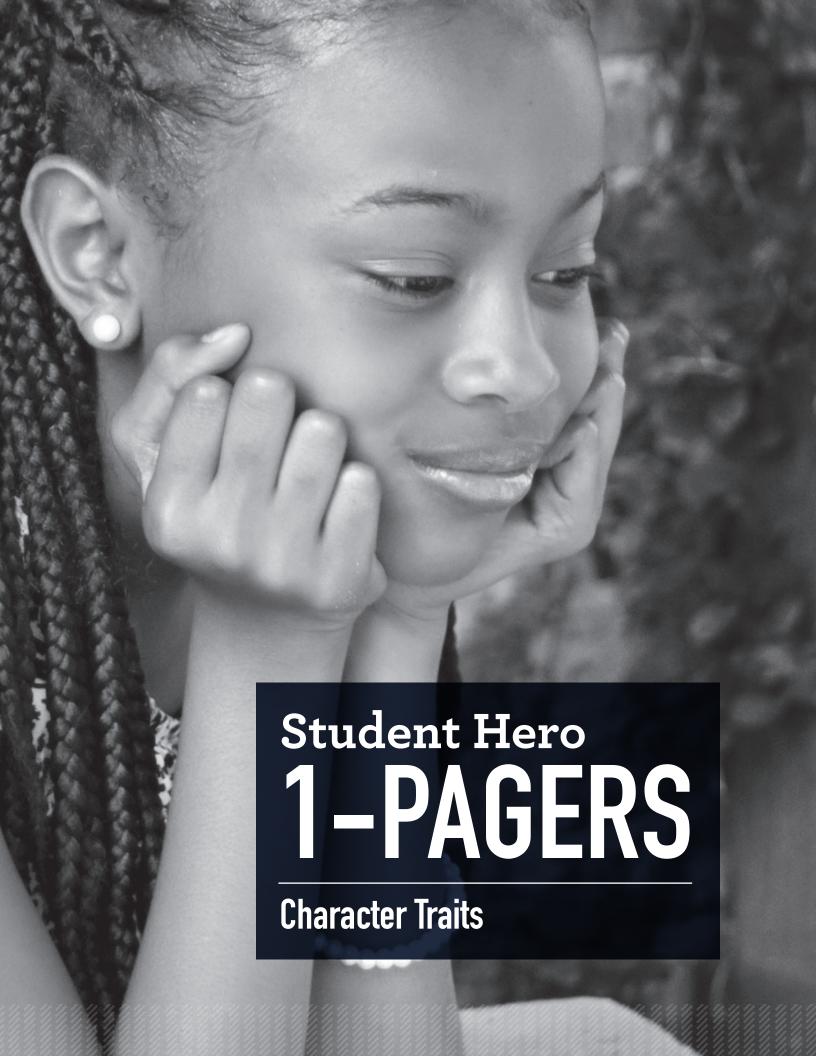
Review the HERO Action Word of the week, Remind class the significance of this HERO Habit. Encourage them to continue living into the HERO Action Word through the weekend. Let them know you are excited about the upcoming week where you will reveal the next week's HERO Action Word.



You may also want to provide notebooks for the students to create their HERO Growth Journal to spend 5 minutes each Friday writing in their HERO Actions from the week. They can track their growth over the course of the school year and practice writing at the same time.



Foundational Character Traits



Character Trait 1

It's very simple - wherever you find yourself today, be helpful! Be helpful in the classroom, cafeteria, playground, home, store and on the field during a game. Wherever you find yourself today, be helpful, that's what Heroes do!



What is your favorite way to be helpful to others?

How can you be helpful at home?

How can you be helpful at school?

Do you enjoy being helpful to others?



- » Helping others lets them know you care for
- » Being helpful helps you grow as you serve others
- » Helping others creates opportunities to build lasting friendships
- » Being helpful puts a smile on the faces of those you help
- » Helping and serving others is fun
- » When you help others, they will help you, too

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

STUDENT HERO 1-PAGER

Character Trait 2

FAR WITH EARS

Most people HEAR with their Ears only what they want to hear and miss what is being said by the person speaking. Thinking about how we will respond to the person speaking is a habit that prevents us from truly listening to the person speaking. Practice your listening skills by looking in the eyes of the person speaking or, at least, in their direction. Then, repeat back what you heard them saying. It's always good to double-check to make sure you hear and understand what is being said fully. Hear with your ears, that is what Heroes do!



What did you hear today? Excitement? Frustration? Anger? Concern?

Were you asked to do something? What was it? Did you do it?

Did someone tell you their feelings? Did you listen to understand them better?

How important is listening to others?



- » Listening helps you understand better
- » Listening lets others know you care about
- » Listening helps you ask questions to get the best answers
- » Listening helps you get more done faster

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 3

To be honest is to tell the truth no matter what happens! When we tell the truth about ourselves, others can help us. When we tell the truth to others, we can help them. Telling the truth helps you gain respect with yourself and from others. Be honest, that's what Heroes do!



Were you honest with yourself?

Were you honest with others?

If not, what kept you from being honest?

Other thoughts:



- » You don't have to make up stories to hide the truth
- » You will respect yourself more
- » You will gain respect from others faster

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 4

Being humble isn't thinking less of yourself - it is thinking of yourself less. When the needs of others are ahead of your own needs, you build others up instead of building yourself up! Practice being humble, that is what Heroes do!



How can you put the needs of others ahead of your own?

What can you say to others to build them up?

What happens when you have an attitude of giving?

What happens when you have an attitude of getting?



- » You become more helpful
- » You open the door to better relationships
- » You are a better leader
- » You get good at being YOU

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 5

Everybody loves to laugh! Humor has a way of improving a person's day or putting a smile on a sad person's face. Humor helps others know that everything is going to be okay and that you will be there for them all the way. Use your humor to make someone happy, that is what Heroes do!



Do you know a good joke?

What can you do to put a smile on someone's face?

How can humor make someone's day better?

Who is the funniest person you know? What makes them so funny?



- » Laughing is good for your health. It's good medicine
- » Laughing reduces stress and makes you $more\ relaxed$
- » Laughter is contagious
- » Laughter breaks down walls It's welcoming to others

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 6

To hustle means to pick up the pace, get there before the rest do, and finish what you start in a timely manner. When you have something to get done, do it in a timely manner. If someone needs your help, hustle and help them out. Hustle - it is how heroes get things done. That is what Heroes do!



How can you help others finish what they started?

Did you finish what you started in a timely manner?

Do you need any help finishing what you started?

Have you ever finished what you started and had time left over? What did you do with the extra time?



- » You finish what you start
- » You can get more done than others
- » You can go further faster in whatever you are doing

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

STUDENT HERO 1-PAGER

Character Trait 7

HONORABLE

There are some people that are hard to respect, let alone be around. It's because they lack honor. When you say to someone, "It's an honor to meet you", it is because they have built a reputation that deserves respect. It is never expected, but is deserved because of who they are, not who they hope to be one day. Be honorable because, that's what Heroes do!



Who do you know that is honorable? Deserving of respect?

Reputation is what others see on the outside, based on your character growth on the inside. Is what is going on inside helping others see on the outside what you want them to see?

Is who you are on the inside showing on the outside? Is it deserving of respect?

How can you make your reputation even better?



- » Easily respected
- » It is always an honor to meet you
- » You are a joy to be around
- » Others speak well of you (even when you are not around)

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

STUDENT HERO 1-PAGER

Character Trait 8

MONIZE

When a bunch of people try to sing, but can't carry a tune, they just create noise. When the same people are unified and sing in the same key, a song is sung and a beautiful sound is made. That is true in music and in life! When we are unified, on the same page or in the same key, great things can happen! Great music can be made! Harmonize because, that's what Heroes do!



If we all sing a different song at the same time, what would that sound like? Let's try it.

If we all sang the same song at the same time, would it sound any better? Let's try that.

How much better would it be if we were unified, got in the same key or on the same page with a task or project? We would be harmonizing!



- » Everyone works better together and makes great progress
- » We sound better together when we are singing in the same key
- » Noise is reduced and music is made

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 9

ISPITABLE

What would happen if you were invited to a party and not offered any cake? What if you showed up for dinner but there is nothing to eat because someone ate it all? That's not hospitable! That's pitiful! Being hospitable means you are inviting and are generous with what you have. Be inviting with your friendship, be generous with your stuff. When we are hospitable, we are letting others know - "Come on in", there is room for everyone and plenty to go around. Be hospitable because, that's what Heroes do!



How have you been hospitable or inviting to others?

Who do you know that is a great host of a party?

What did the host do to make you feel welcomed?

When is a good time to be a good host?

If I came to your party, would I feel invited? Why or Why not?



- » People know you are welcoming
- » People don't get left out
- » Sharing what you have will give you more in return

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 10

We grow when we learn. Every day is a new opportunity to learn something you did not know in your classroom. You can also learn something you did not know about your classmates or your teacher. What are their favorite things to do, things to eat, places to go? Make the most of this day, every day to learn as much as you can. That is what Heroes do!



What did you learn in your class?

Did you learn something new about a classmate?

Did you learn something new about your teacher?

Did you learn something new about yourself?



- » Learning helps stretch your mind
- » Learning about others helps you know them better
- » Learning about yourself helps you grow beyond your wildest dreams

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

| | | | | | | | | | | STUDENT HERO 1-PAGER

Character Trait 11

It is always great to know someone believes in you. It just makes you feel good! Have you ever thought, "No, I can't", but somebody told you, "Yes, you can!"? Those words filled you full of power! Be somebody's hero and let them know you believe in them, that you know they can do it, and that they have what it takes to complete the task. Believing in others empowers them to do and be more. Let somebody know you believe in them, starting now! That is what Heroes do!



Did you tell somebody that you believe in them?

When you told a classmate, "I know you can do it", how do you think it made them feel?

How does it make you feel when someone believes in you?

Other thoughts:



- » You build confidence in others
- » Telling someone they can be great gives them the confidence to be great
- » You create a positive environment where others can live into their potential

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 12

ENCOURAGE

Encouragement is needed every day in every way. We can encourage others by writing them a note that lifts their spirit and makes them smile. We can encourage others with our words by pointing out something positive we see in them. We can encourage others through our actions by lending a helping hand. Encourage those around you, because that is what Heroes do!



Who did you encourage today (this week)?

How did you encourage them?

What is something you can do to encourage others every day?

Other thoughts:



- » Encouraging others helps them know you care for them
- » Encouraging others helps them know you like them
- » Encouraging others helps them know you can be trusted
- » Encouraging others helps everyone be more positive minded

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

| | | | | | | | | | | STUDENT HERO 1-PAGER

Character Trait 13 ENLARGE

To enlarge someone simply means to help them feel bigger than they are. It is inflating someone's spirit when they appear to be deflated. When a balloon is inflated with helium, it has the potential to soar beyond the clouds. When you enlarge others, you help them see their potential to soar. Help others feel bigger than they are by enlarging, or inflating their spirit. That is what Heroes do!



How did you make someone feel bigger than they are?

How can you tell that someone needs their spirit lifted?

What is the greatest way to enlarge others, or lift their spirit?

Other thoughts:



- » Helps others feel bigger than they are
- » Helps others see their potential to soar higher than they thought possible
- » It gives a person energy to be better than they have ever been

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 14

Equipping others with what they need to succeed is simple - ask the question, 'what can I give to you in order to make your day the greatest day ever"? It can be as simple as equipping someone with a pencil or as meaningful as equipping someone with a friendship. Whether you are in your classroom or your living room, look for ways to equip others with what they need to succeed. That is what Heroes do!



Can you name one way to equip others with what they need to succeed?

What did you do to equip others with what they needed to be successful today?

How have you been equipped with what you need to succeed?

What can others do to better equip you to succeed?



- » Together Everyone Achieves More - See the need, help them succeed! Working as a team is better than working alone
- » When you are equipped with the tools you need to succeed, you don't have to make up excuses

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

STUDENT HERO 1-PAGER

Character Trait 15

RIENTIAL

Heroes are experiential! They like first hand experiences where they can see things and be hands-on. They don't just like to read about it, they like to do it! It makes things more real as they learn. It is practicing by doing. Reading is learning about someone else's experience that they had. Being experiential is learning in action and being a part of it by getting to do it. They can also learn how fun something was for someone else by listening to others talk about it, or, they could KNOW how fun it actually is by doing it themselves. The same is true in making new friends and new memories, we experience more together. Be experiential! Let's see what can be learned in a hands-on way. That's what Heroes do!



What is the biggest thing you learned by doing it?

What new things have you learned from getting to experience them first-hand?

Can it be a little messy in learning something new for the first time? Think about making cookies the first time.

What fun and crazy things have you experienced with your friends?



- » Get to learn new things in a hands-on way.
- » Get to make new friends and memories
- » Get to have fun learning by doing

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 16

When you are reliable you are letting others know that you can be counted on to follow through. In other words, you can be trusted to do what you said you would do. Heroes can be counted on to follow through. Do you know why? That is what Heroes do!



Do others know they can trust you to follow through? Or, do what you say you are going to do?

Who is a reliable person that you count on to follow through?

How important is it to do what you say you are going to do?

What can you do to be even more reliable?



- » Trust is built each time you follow through and do what you said you would do
- » Others will know that you can be counted on consistently
- » You can rest at night knowing you are a person of your word

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

|||||||||STUDENT HERO 1-PAGER

Character Trait 17

Being a resilient person means that quitting is not an option for you. You understand that sometimes you win, sometimes you learn how to do it better the next time. A resilient person keeps trying after everyone else has quit and because they know that every TRY gets them a little bit closer to the finish line. A resilient person doesn't get distracted by little things or little people. They keep their eyes focused on the finish line. That is what Heroes do!



Have you ever wanted to guit, but you didn't? What did you learn about yourself?

What do you think the phrase, 'Sometimes you win, and sometimes you learn' means?

How hard is it to never give up? Who helps you keep moving forward?

Who have you encouraged to never give up?



- » You finish what you started
- » As you learn through it, you get better because of it
- » Little things and negative comments won't get you down -Instead, you get bigger and better

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 18 RESPECT

It is true that a person reaps what they sow. Most people want to be respected before they show respect for others. Not Heroes! Heroes know that in order to be respected, we must be respectful! Be respectful to your teachers, classmates, teammates, parents, brothers and sisters. To gain respect, we must first show respect! That is what Heroes do!



What are some ways you can show respect to others?

What makes being respectful of others so difficult to do?

Who has shown you a little R-E-S-P-E-C-T? Were you respectful in return?

Other thoughts:



- » When you give respect to others, you gain respect from others
- » A positive culture is created where others feel valued
- » Being respected for who you are prevents us from feeling like we have to be something we are not

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

| | | | | | | | | | | STUDENT HERO 1-PAGER

Character Trait 19

ESPONSIBLE

You are in charge of you! Being responsible brings out the best in you. When you know that something needs to be done, be responsible and do it now. Homework - do it now! Picking up after yourself - do it now. Someone needs help - do it now. The key to responsibility is to prioritize what needs to be done first and last. DO IT NOW. Don't put it off. Take responsibility and be in charge of YOU! That is what Heroes do!



Have you ever had to be told to clean your room? Do you see the problem? It's your room and that means it's your responsibility to keep it looking sharp, not your mom's. That goes for your homework, too.

Because you are in charge of you, what advice would you tell YOU to help you be more responsible?



- » When you are responsible, you get to be in charge of you
- » Instead of putting things off, you get things
- » It has been said, if you work hard now, you can play hard later. Being responsible helps you prioritize your day and keep you on track. Being responsible gets rewarded with free time!
- » You make better use of your time

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 20

PEATABLE

A habit is something you do without having to think about it, like brushing your teeth or talking and walking. Learning good habits takes practice, but good habits are worth repeating. When we spend time building good habits we get better, every single time. Make your day the BEST ever by building good, repeatable habits. You will be glad you did. That is what Heroes do!



What good habits do you already have that are worth repeating daily?

What good habits would you like to have?

Are there any bad habits that you need to break?

Other thoughts:



- » You get better at something with practice, practice, practice
- » You become consistent to the point of not having to think about it
- » You can be creative in making your new habit even better
- » Once you develop one good habit, you can keep adding good habits to make the most of your day, every day

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

STUDENT HERO 1-PAGER

Character Trait 21

Taking a risk can be scary, at first. But, if we don't take risks in life, we miss the opportunities that life has to offer us. I want to encourage you to take a risk and do something you have never done, explore the possibilities of pushing yourself out of your comfort zone to discover skills and gifts you did not know you had. You have it in you. All you have to do is take a risk. That is what Heroes do!



What is the scariest thing you have ever done? Was it fun after you decided to do it?

What is something you discovered about yourself after taking a risk?

Is there something you would like to do but lack the courage to take the risk? Big or small, what is it?

When you have taken a risk and done something you've never done, did you discover how easy it was to do after all? (Example: swimming, singing, speaking in front of a crowd...)



- » There will be no limits to what you can do
- » Rock-solid self-confidence
- » Possibilities will be waiting for you around every corner
- » Once you have faced one fear, you will have the courage to face them all

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 22

If we were to compete in a foot race, would you be ready? "On your mark, get set, ready to go"? I want to encourage you to be ready for anything at any time. Whatever race you are in, be ready before the starter says, GO! On your mark, get set, is it time to go yet? Because I am a HERO and I am always READY! Be ready because, that's what Heroes do!



What are you getting ready for?

Has someone ever snuck up on you and you were not ready? What happened?

In a race, what is the difference-maker for the winner? Is it because they took the time to get ready before the race took place?

What do you need to do to get ready for a test? Prepare to be ready!



- » Always ready at a moment's notice
- » Up to any challenge that comes your way
- » Being prepared means you are always ready

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

|||||||||STUDENT HERO 1-PAGER

Character Trait 23

EASONABLE

There is a difference in what I want and what I need. I might want the whole pizza, but it would be better to share with you. If I am willing to share everybody wins. Let's be reasonable and know there is enough to go around for everyone. Being reasonable means I am willing to compromise where I can. It means we meet in the middle and come to an agreement. Be reasonable because, that's what Heroes do!



Have you ever had to go last?

Do you ever feel like you are going to miss out?

Have you ever missed out by sharing?



- » You get along with others better
- Your willingness to share inspires others to do the same
- » Everybody wins

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 24

To be radical is to be determined and immoveable from the inside out. It means you stand for something you deeply believe in and will not be moved. You have made your mind up and that's that! Let's all get RADICAL about treating others the way we want to be treated. That's RADICAL!! Be radical because, that's what Heroes do!



When you believe in something strong enough, do you take a stand?

What does this mean - If you don't stand for something, you will fall for anything?

Can we get radical about treating others the way we want to be treated?



- » Immoveable from the inside out You stand for something
- » You have made your mind up ahead of time- made the decision before you had to make the decision
- » The choices you make, make you and impact those around you

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 25

OBSERVATION=

Observation equals Opportunity! Opportunities to serve and add value to others are all around. When we/us look and listen to the needs of those around you, opportunities will be presented to you. Be alert and take every opportunity you can to serve others. That is what Heroes do!



What did you hear today that presented an opportunity to serve others?

What did you see today that presented an opportunity to serve others?

How does meeting the needs of others make you feel?

Is there something you would like to do to serve others? Be creative and do it!



- » Serving others helps you feel good about yourself
- » Serving others replaces problems with purpose
- » Serving others changes the world we live in
- » Serving others is contagious

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

STUDENT HERO 1-PAGER

Character Trait 26

There is more than one way to get something done. We tend to think that our way is the best way to get something done, even if we have to work harder and longer at it. Other people may have another way to do the exact same thing, only it takes less effort and time to get it done. Your way may, in fact, be the best way to get things done. Remember that your way is not the only way. Be open to the ideas of others, you just might discover a better, easier way to getting stuff done. Oh, and yes, there is one more challenge – be open to new friendships. Your best friend in the world may be someone you have not met yet. That is what Heroes do!



Did you discover a new way to get stuff done today?

Did someone share a great idea with you today? Did you share a great idea with them?

How can you get your work done easier and faster? Think about it! There is always a better way if we are open to it.

Were you open to new friendships today? How many new friends did you make?



- » You get to discover new ways to do things
- » You can make a lot of friends when you are a friend
- » Being open to new ideas provides you with a lot of opportunities

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 27 OPTIMISTIC

The world is full of problems. That is a no brainer! With every problem there is a solution! When you discover the solution to a problem you are facing, share it with others. If you are struggling with a problem and cannot seem to find a solution, ask someone to help you in solving the problem. From our homework, classmates, friends and family that present us with problems, there are always solutions. Be a person who is always looking for solutions and you will find them. That is what Heroes do!



What is the biggest problem you face on a daily basis?

Have you discovered a solution to your problem? What is it?

Have you asked others to help you find a solution? Whom did you ask?

What solutions did you discover that you could share with others?



- » Every problem has a solution
- » People will help us find solutions to our problems when we have the courage to ask
- » Looking for solutions helps us see the best in every situation
- » You will discover there are more solutions than there are problems

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 28 ORIGINAL

You were made to be YOU, not somebody else. You have gifts and abilities that no one else has. You do things differently than everybody else. You go about life in ways nobody else does. You are unique, a one of a kind! That is exactly what you were made to be - an ORIGINAL One-of-a-Kind YOU! The best person to be YOU is YOU! Be the BEST YOU that YOU can be because, that's what Heroes do!



What do you think being original or being yourself means?

Have you ever tried to be somebody you are not? How did that work out?

How can you be the best you that you can be?

What are some ways your classmates can encourage you to be YOU and not someone you are not?



- » You are the only one who can be YOU
- » You are a one-of-a-kind original. Let the world experience YOU
- » You are uniquely and wonderfully made
- » You have the freedom to BE! It is less work than trying to be someone else

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

|||||||| STUDENT HERO 1-PAGER

Character Trait 29

ORGANIZED

Are you a person that has everything strung out all over the place or do you have it all together? We all have a lot to do - we are busy! So, how do we get everything that needs to be done - done? We prioritize! Organize! It's as easy as 1,2,3 - Priority! What do I need to do first? What can I do last? If I have a checklist, I can make a checkmark after each task on my list is completed! When we prioritize and are organized, we get things done; because, that's what Heroes do!



What are some of your top priorities? What needs to get done before the day is over?

Do you do the hardest thing first, or do you do what is most fun first?

How do you feel when you complete a project, task or assignment?



- » Creating a checklist helps you achieve what you need to accomplish
- » You build confidence in your ability to get things done
- » You are better able to prioritize when you organize

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 30

INERSHIP

When I look in the mirror, I think, "I own this!" I am responsible for making me the proud owner of me. I always want to be the best I can be. That means when I mess up, I fess up and then get back up! It means, I won't fix the blame on someone else, I will find a solution to better myself. I want to be the proud owner of who I am becoming. Ownership is key to being the proud owner of ME; because, that's what Heroes do!



Have you ever been the proud owner of something new? How did you take care of it?

Have you ever made a mistake? How did you own it?

You are the proud owner of YOU. How do you take care of you?

What do you do that makes you the proud owner of you?



- » You become the proud owner of YOU
- » You take care of yourself better
- » You don't blame others
- » You continue to better yourself
- You better present yourself to others

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 31

I can't wait...for the party! For the pizza to get here! For Christmas to come! For recess! That's eager, isn't it! I want to challenge you to look at your growth the same way. I can't wait to learn more! To get better at a subject! To take the test! Whaaaat? To be eager is to anticipate what is coming! So, while you wait in anticipation, do some preparation in the meantime. Then, you will better know what to do with what is coming! Be prepared for what is coming because, that's what Heroes do!



Have you ever had someone or something take you by surprise? What was the result?

Have you ever prepared for what you knew was coming? How did that turn out?

What can you get better at with a little preparation? I Can't Wait To See It (A Teacher's Response)



- » Anticipation + Preparation = Celebration
- » When you get better, everything gets better
- » What was hard at first gets easier over time

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 32

Saying, "Get a life! Deal with it!" is not being very sensitive or understanding to the needs of those around you. Rather, "I get it" or "I know how you feel" helps us connect better with those around us. Empathy helps us connect! If someone is happy, be happy with them. If someone is sad, be sad with them. Empathy means you know how to meet them where they are. Have empathy for others because, that's what Heroes do!



How can we better understand the needs of those around us?

Can you sense when something is not right with someone?

What is something we can do to show we understand the needs of those around us?

Can you describe a time that showing empathy helped you connect better with someone?



- » Helps you connect better with others.
- » People will know you "get them" and understand where they are coming from
- » You become more aware of opportunities to serve others

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 33

TRAORDINARY

Most people do what is required or expected of them and that is it! That's ordinary! What makes the ordinary "extraordinary"? You do what is required, AND THEN SOME! Doing what is required gets you up to speed, but going beyond what is required keeps you ahead in the race. Be Extra-Ordinary! Do what is required, AND THEN SOME; because, that's what Heroes do!



Do you ever feel like you are getting behind? Or, that you can never get caught up?

Do you understand the power of 5 more minutes? 5 more minutes can put you 5 more steps ahead of everyone else.

How far could you go if you did what was required, and then some?

Can you do more than you are currently doing? I bet you can!



- » Keeps you ahead of the pack
- » Shows you that you got more in you than you realized
- » Builds confidence each time you dig a little deeper

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 34

Are you afraid of something? What about the dark? Instead of being fearful of the dark, why don't you just 'flip the switch' and turn the lights on? I want to encourage you to not be fearful of the dark or of life. Don't let fear keep you in the dark, 'Flip The Switch'! Turn the power on in YOU! You are STRONG, I have no doubt! When a challenge comes your way - FLIP THE SWITCH - turn on the power in YOU; because, that's waht Heroes do!



What are you afraid of?

What can you do to overcome that fear? How can your classmates help?

What stands in the way of you flipping the switch?

When you flip the switch - turn the power on - what changes will take place for you?



- » You will discover there is more to you than you thought
- » When you turn on the power and conquer one fear, you can then conquer all fears
- » You are ready to take on what is next without worry or doubt

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 35

To let others know you truly care for them is a big deal, for real! It's really true - "People don't care how much you know until they know how much you care". I want to encourage you to be "For REAL" when you compliment others, express concern for others or lend a helping hand. Mean what you say and say what you mean flavored with sincerity. Be sincere, FOR REAL, that's the DEAL - because, that's what Heroes do!



How can you show others you truly care for them?

Have you ever felt like no one cared for you?

Can you think of someone who needs to know you care about them?

When are you going to tell them?



- » People know you really do care
- » People can be real around you
- » People will be comfortable sharing their hearts with you

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?

Character Trait 36

To speak or not to speak, that is the question! Have you ever said something you wish you could take back? Have you ever not said something but wish you had? If we are wise, we will think twice before we speak. Did you know that sometimes being silent speaks louder than words? Be wise! Think before you speak because, that's what Heroes do!



Do you think about what you want to say before you say it?

Have you ever said something you wish you could take back?

What do you think this means - Think twice before you speak?

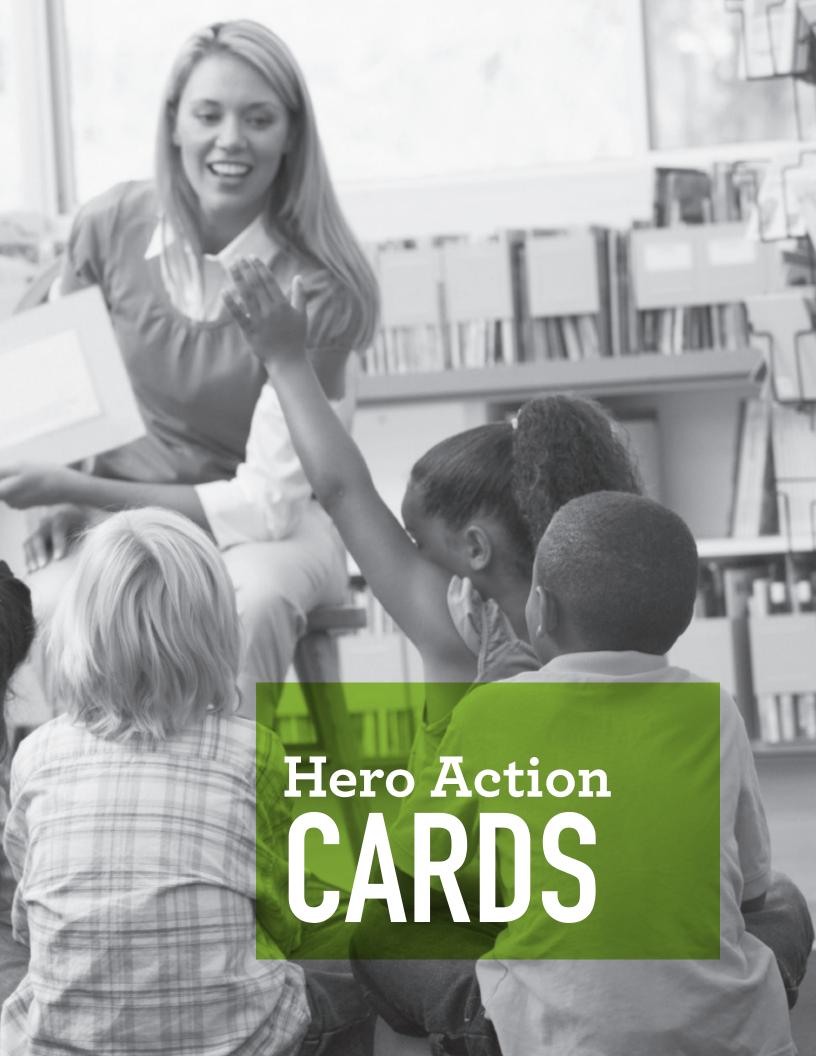
How can you say what you want to say without using words?



- » You become more thoughtful when you speak. You sound like you have thought it through.
- » People will take you more serious when you open your mouth
- » You will discover ways to communicate without words

- » What HERO action did you take today?
- » How did others respond to your HERO actions?
- » What did you learn about yourself?
- » What did you learn about others?
- » Can you make this Hero Action an everyday habit?





Action cards can be accompanied with a HERO journal where students can write down their daily HERO actions to show HERO growth. Each card has a HERO word for students to act on. If a card gets repeated, it's okay, it creates HERO habits. Cards can be pre-made.

Teachers can build, and customize, with the help of their class

The Action Steps on each card are suggestions that can be added to or can be a spring board to Action Steps that best suit your class.

HEROES = H CARDS | E CARDS | R CARDS | O CARDS | E CARDS | S CARDS

Sample:

HERO ACTION CARD

HELPFUL

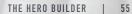
Be helpful to others.

ACTION ITEMS

- 1. Open a door for someone
- 2. Pick up trash



These are listed out on the following pages.





HELPFUL

Be helpful to others.

- 1. Open a door for someone
- 2. Pick up trash

HEAR WITH EARS

Listen to others.

- 1. Pay attention to who is talking
- 2. Repeat it back to make sure you heard it right

HONEST

Tell the truth.

- 1. Tell the truth
- 2. Give honest answers

HUMBLE

Think more of others than of yourself.

- 1. Think of others first
- 2. Serve others first

HUMOR

Make somebody laugh.

- 1. Tell a good joke
- 2. Put a smile on someone's face

HIISTIF

Be the 1st to help.

- 1. Be the first to help
- 2. Help teacher clean up the classroom

HONORABLE

Be deserving of honor!

- 1. Talk nice about others even when they are not around
- 2. Earn the respect of others

HARMONIZE

The key is unity.

- 1. Get along with others OR work to get on the same page with others
- 2. Work on a project with someone

HOSPITABLE

Be generous.

- 1. Be inviting with your friendship
- 2. Look for ways to be inviting OR make others feel like they matter to YOU!

EDUCATE

Learn something new.

- 1. Learn something new about a subject you are studying
- 2. Learn something new about a classmate

EMPOWER

Let someone know you believe in

- 1. Lift up those who are down
- 2. Let others know you believe in them

ENCOURAGE

Tell somebody something positive.

- 1. Write a note of encouragement
- 2. Speak words of encouragement

ENLARGE

Lift somebody's spirit.

- 1. Make someone feel bigger and
- 2. Help someone think bigger and better

EQUIP

Share with somebody to help get something done.

- 1. Give a pencil
- 2. Extend a friendship

EXPERIENTIAL

Try something new.

- 1. Think bigger
- 2. Try something new (food, hobby, sport, instrument)

RELIANT

Be reliable.

- 1. Do what you say you will do
- 2. Let others know: You can count on me

RESILIENT

Don't let little things get you down.

- 1. Don't let little things get you down
- 2. Take a deep breath and do it again

RESPECTFUL

Show teacher and classmates respect.

- 1. Show respect to your teacher
- 2. Show respect to others
- 3. Mind your manners

RESPONSIBLE

Do what you say you're going to do

- 1. Pay attention in class
- 2. Pick up after yourself

REPEATABLE

Do something over and over again until you get good at it.

- 1. Be patient with yourself
- 2. Practice makes you better every single time

RISK

Do something you've never done.

- 1. Make a new friend
- 2. Sit in a different place at lunch
- 3. Raise your hand to volunteer

READY

On Your Mark, Get Set, Go!

1. Always be READY for anything at anytime

REASONABLE

Meet in the middle and come to an agreement.

- 1. Work on agreeing with others the best you can
- 2. Be willing to share

RADICAL

Be immovable from the inside OUT!

- 1. Take a stand for someone OR treat others how you want to be treated
- 2. Take a stand for something you believe in



OBSERVATION = OPPORTUNITY

Look for a way you can serve somebody.

- 1. Keep your eyes open to opportunities to serve others.
- 2. Keep your ears open for opportunities to serve others

OPEN

Be willing to listen to new ideas.

- 1. Listen to good advice from others and act on it
- 2. Be open to doing something you've always done in a different way

OPTIMISTIC

There is always a solution to a problem.

- 1. Keep working towards a solution
- 2. Keep thinking about a better solution
- 3. Share it with others

ORIGINAL

Be YOU!

- 1. Be YOU!
- 2. Work on a project with someone

ORGANIZED

I've got it together, let's get going!

- 1. Prioritize What do you need to do?
- 2. Organize What do you need to do first to last?

OWNERSHIP

I own this!

- 1. Own up to your mistakes
- 2. Be the proud owner of YOU

EAGER

I can't wait to get better!

- 1. Get excited about learning
- 2. Prepare for the test, expect the best

EMPATHY

Be understanding and sensitive to the needs around YOU

- 1. Celebrate with others when they are happy
- 2. Be sensitive with others when they are sad

EXTRAORDINARY

I will do what is required, and then some!

- 1. Give it 5 more minutes AND then some
- 2. Dig deeper to go further

STRONG

Turn the POWER ON: Flip the switch!

- 1. Talk about your fears
- 2. Turn on the courage to face your fears

SINCERE

I care about you, FOR REALS!

- 1. Flavor your comments with kindness
- 2. Be nice, FOR REALS!

SILENT

Think before you speak OR be silent! It's louder than words

- 1. Think twice before you speak
- 2. Speak without words

HERO HERO ACTION CARD

HELPFUL

Be helpful to others.

ACTION ITEMS

- 1. Open a door for someone
- 2. Pick up trash

Photocopy and print

the following Action Cards, cut them out and hand them out.



HERO **ACTION CARD**

HEAR WITH EARS

Listen to others.

ACTION ITEMS

- 1. Pay attention to who is talking
- 2. Repeat it back to make sure you heard it right



HERO ACTION CARD

HONEST

Tell the truth.

- 1. Tell the truth
- 2. Give honest answers



HERO **CARD**

HUMBLE

Think more of others than of yourself.

ACTION ITEMS

- 1. Think of others first
- 2. Serve others first



HERO CARD

HUMOR

Make somebody laugh.

ACTION ITEMS

- 1. Tell a good joke
- 2. Put a smile on someone's face



HERO ACTION CARD

HUSTLE

Be the 1st to help.

- 1. Be the first to help
- 2. Help teacher clean up the classroom



HONORABLE

Be deserving of honor!

ACTION ITEMS

- 1. Talk nice about others even when they are not around
- 2. Earn the respect of others



HERO ACTION CARD

HARMONIZE

The key is unity.

ACTION ITEMS

- 1. Get along with others OR work to get on the same page with others
- 2. Work on a project with someone



HERO ACTION CARD

HOSPITABLE

Be generous.

- 1. Be inviting with your friendship
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HERO CARD

EDUCATE

Learn something new.

ACTION ITEMS

- 1. Learn something new about a subject you are studying
- 2. Learn something new about a classmate



HERO ACTION CARD

EMPOWER

Let someone know you believe in them.

ACTION ITEMS

- 1. Lift up those who are down
- 2. Let others know you believe in them



HERO ACTION CARD

ENCOURAGE

Tell somebody something positive.

- 1. Write a note of encouragement
- 2. Speak words of encouragement



ENLARGE

Lift somebody's spirit today.

ACTION ITEMS

- 1. Make someone feel bigger and better
- 2. Help someone think bigger and better



HERO ACTION CARD

EOUIP

Give others the tools they need to get something done.

ACTION ITEMS

- 1. Give a pencil
- 2. Extend a friendship



HERO ACTION CARD

EXPERIENTIAL

Try something new.

- 1. Think bigger
- 2. Try something new (food, *hobby, sport, instrument)*



RELIANT

Be reliable.

ACTION ITEMS

- 1. Do what you say you will do
- 2. Let others know: You can count on me



HERO **ACTION CARD**

RESILIENT

Don't let little things get you down.

ACTION ITEMS

- 1. Don't let little things get you down.
- 2. Take a deep breath and do it again



HERO ACTION CARD

RESPECTFUL

Show your teacher and classmates respect.

- 1. Show respect to your teacher (Yes, ma'am, Yes sir)
- 2. Show respect to others
- 3. Mind your manners

RESPONSIBLE

Do what you say you're going to do (Keep your word).

ACTION ITEMS

- 1. Pay attention in class
- 2. Pick up after yourself



HERO **ACTION CARD**

REPEATABLE

Do something over and over again until you get good at it.

ACTION ITEMS

- 1. Be patient with yourself
- 2. Practice makes you better every single time.



HERO ACTION CARD

RISK

Do something you've never done.

- 1. Make a new friend
- 2. Sit in a different place at lunch
- 3. Raise your hand to volunteer



HERO CARD

READY

On your mark, get set, go!

ACTION ITEMS

- 1. Always be READY for anything at anytime
- 2. Take a deep breath and do it again



HERO ACTION CARD

REASONABLE

Meet in the middle and come to an agreement.

ACTION ITEMS

- 1. Work on agreeing with others the best you can
- 2. Be willing to share



HERO CARD

RADICAL

Be immovable from the inside OUT.

- 1. Take a stand for someone OR treat others how you want to be treated
- 2. Take a stand for something you believe in



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Look for a way you can serve somebody.

ACTION ITEMS

- 1. Keep your eyes open to opportunities to serve others.
- 2. Keep your ears open for opportunities to serve others.



HERO ACTION CARD

OPEN

Be willing to listen to new ideas.

ACTION ITEMS

- 1. Listen to good advice from others and act on it
- 2. Be open to doing something you have always done in a different way



HERO ACTION CARD

OPTIMISTIC

There is always a solution to a problem.

- 1. Keep working towards a solution
- 2. Keep thinking about a better solution
- 3. Share it with others.



ORIGINAL

Be YOU!

ACTION ITEMS

1. Be YOU!



HERO **ACTION** CARD

ORGANIZED

I've got it together, let's get going!

ACTION ITEMS

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- 2. Organize What do you need to do first to last?



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EAGER

I can't wait to get better!

ACTION ITEMS

- 1. Get excited about learning
- 2. Prepare for the test, expect the best



HERO ACTION CARD

EMPATHY

Be understanding and sensitive to the needs around YOU.

ACTION ITEMS

- 1. Celebrate with others when they are happy
- 2. Be sensitive with others when they are sad



HERO **ACTION CARD**

EXTRAORDINARY

I will do what is required, and then some!

- 1. Give it 5 more minutes AND then some
- 2. Dig deeper to go further



STRONG

Turn the POWER ON: Flip the switch!

ACTION ITEMS

- 1. Talk about your fears
- 2. Turn on the courage to face vour fears



HERO **ACTION** CARD

SINCERE

I care about you, FOR REALS!

ACTION ITEMS

- 1. Flavor your comments with kindness
- 2. Be nice, FOR REALS!



HERO **ACTION CARD**

SILENT

Think before you speak OR be silent! It's louder than words!

- 1. Think twice before you speak
- 2. Speak without words



HE LIGHT BUILDER®

Foundational Character Traits



OPTION 1

VIDEO SCRIPTS

FOR PRINCIPALS AND TEACHERS

HELPFUL

Hello, (school mascot)! The Hero Action Word is HELPFUL! Let's be helpful in class, at lunch and on the playground. When you help others, they will help you, too! Be helpful, that's what (school mascot) do!

HEAR WITH EARS

Hello, (school mascot)! The Hero Action Word is "HEAR" WITH EARS. It's really important when listening to repeat back what you heard. It helps make sure we heard it right. Oh yeah, listening helps us ask better questions! And, better questions get better answers. "HEAR" with your ears, that's what (school mascot) do!

HONEST

Hello, (school mascot)! The Hero Action Word is HONEST! Honestly, that what the word is. Telling the truth will help you respect yourself more and will gain the respect of others. Be HONEST, that's what (school mascot) do!

HUMBLE

Hello, (school mascot)! The Hero Action Word is HUMBLE! Being humble isn't thinking less of yourself it's thinking of yourself less. Let's think of others more than we think of ourselves! That's what (school mascot) do!

HUMOR

Hello, (school mascot)! The Hero Action Word is HUMOR! Humor makes people happy! Laughter lightens up a person's day. Putting a smile on someone's face is really fun and healthy! Have a fun day! (School mascot), knock, knock...

HUSTLE

Hello, (school mascot)! The Hero Action Word is HUSTLE! It means to finish what you start in a timely manner. Hustle, it's how (school mascot) get things done.

HONORABLE

Hello, (school mascot)! The Hero Action Word is Honorable! There are some people that are hard to respect, let alone be around. It's because they lack honor. When you say to someone, "It's an honor to meet you", it is because they have built a reputation that deserves respect. It is never expected, but is deserved because of who they are, not who they hope to be one day. (School mascot), be deserving of honor by earning the respect of others!

Reference your downloads from **TheHeroBuilder.com** for the videos that correspond with each character trait!

HARMONIZE

Hello, (school mascot)! The Hero Action Word is Harmonize! When a bunch of people try to sing, but can't carry a tune, they just create noise. When the same people are unified and sing in the same key, a song is sung and a beautiful sound is made. That is true in music and in life! When we are unified, on the same page or in the same key, great things can happen! Great music can be made! (School mascot), the key is UNITY!

HOSPITABLE

Hello, (School Mascot)! The Hero Action Word is HOSPITABLE! What would happen if you were invited to a party and not offered any cake? That would be pitiful, not hospitable. Being hospitable means you are inviting and generous with what you have. Be inviting with your friendships and generous with your stuff. Being hospitable is like saying, "Come on in, (School Mascot), we've been planning for you! You are welcome here."

EDUCATE

Hello, (school mascot)! The Hero Action Word is EDUCATED! When we are learning, we are growing. When we learn more, we can do more and be more! Learn as much as you can! That's what (school mascot) do!

EMPOWER

Hello, (school mascot)! The Hero Action Word is EMPOWER! I Believe In YOU! Those words fill a person up with power! Let somebody know you believe in them! I believe in you, (school mascot)!

ENCOURAGE

Hello, (school mascot)! The Hero Action Word is ENCOURAGE! Words of encouragement fill us up! We can encourage with our words and our actions. Take a little time and write somebody a note that will encourage them. (School mascot) need encouragement every day!

ENLARGE

Hello, (school mascot)! The Hero Action Word is ENLARGE! It means to help others feel BIGGER than they are. Lift the spirit in somebody and make them feel BIGGER and they will be BETTER for it! (School mascot) lift up others!

EQUIP

Hello, (school mascot)! The Hero Action Word is EQUIP! How can you help make somebody's day the best ever? It can be as small as lending a pencil or as big as being a friend! (School mascot) equip each other with what we need to succeed. Go, (school mascot)!

EXPERIENTIAL

Hello, (school mascot)! The Hero Action Word is EXPERIENTIAL! The greatest thing ever invented started with experiments. Stretch yourself and you will discover the impossible is possible! (School mascot), try it until it works!

RELIANT

Hello, (school mascot)! The Hero Action Word is RELIANT! It means that (school mascot) can be counted on to follow through. IT lets others know you are dependable! (School mascot), let's help others know they can count on us!

RESILIENT

Hello, (school mascot)! The Hero Action Word is RESILIENT! Sometimes you win, sometimes you learn. (School mascot) never quit, they just get better! (School mascot) don't let little things get them down, they just keep growing!

RESPECTFUL

Hello, (School mascot)! The Hero Action Word is RESPECT! Did you know that we reap what we sow? We can't get respect if we don't show respect first. (School mascot) gain respect by first showing respect to others. Let's respect others, (school mascot)!

RESPONSIBLE

Hello, (school mascot)! The Hero Action Word is RESPONSIBLE! You are in charge of YOU! Don't put it off, do it now! Do you have homework? Do it now, don't put it off! Make a list of what you need to do and DO IT! (School mascot), make the most of their time! Do it now!

REPEATABLE

Hello, (school mascot)! The Hero Action Word is REPEATABLE! It's simple! When you brush your teeth every day it becomes a good habit. Walking is also something you learned by doing it over and over and over again until you got good at it. Be patient with yourself and know that practice will make you BETTER EVERY SINGLE TIME! (School mascot) build HERO habits that make you BETTER EVERY SINGLE TIME!

RISK

Hello, (school mascot)! The Hero Action Word is RISK! Taking a risk can be scary. But, taking risks help us grow! Take a risk and discover new things about yourself! (School mascot) are risk-takers!

READY

Hello, (school mascot)! The Hero Action Word is READY! If we were to compete in a foot race, would you be ready? "On your mark, get set, ready to go"? I want to encourage you to be ready for anything at any time. Whatever race you are in, be ready before the starter says, GO! On your mark, get set, is it time to go yet? Because I am a HERO I am always READY! Let's go, (school mascot)!

REASONABLE

Hello, (school mascot)! The Hero Action Word is REASONABLE! There is a difference in what I want and what I need. I might want the whole pizza, but it would be better to share with you. If I am willing to share everybody wins. Let's be reasonable and know there is enough to go around for everyone. Being reasonable means I am willing to compromise where I can. It means we meet in the middle and come to an agreement. (School mascot), let's be reasonable with each other!

RADICAL

Hello, (school mascot)! The Hero Action Word is RADICAL! To be radical is to be determined and immoveable from the inside out. It means you stand for something you deeply believe in and will not be moved. You have made your mind up and that's that! (School mascot), let's all get RADICAL about treating others the way we want to be treated. That's RADICAL!!

OBSERVATION = OPPORTUNITY

Hello, (school mascot)! The Hero Action Words are OBSERVATION = OPPORTUNITY! There are all kinds of ways we can serve others. Look with your eyes and listen with your ears for ways to serve others. (School mascot), let's make a difference for others!

OPEN

Hello, (school mascot)! The Hero Action Word is OPEN! I want to encourage you to be open to new and different ways to get things done. And, be open to new friendships! Your best friend in the world may be someone you have not met yet! Be open, (school mascot)!

OPTIMISTIC

Hello, (school mascot)! The Hero Action Word is OPTIMISTIC! That's a fun word to say! The world is full of problems. But, do you know that there is a solution to every problem? If you can't find the solution to a problem, ask someone to help you. Be a person who is always looking for solutions and I guarantee you will find them! Let's go, (school mascot)!

ORIGINAL

Hello, (school mascot)! The Hero Action Word is ORIGINAL! You were made to be YOU! You are an Original, One-of-a-kind YOU! The best person to be you is - YOU! Be the best that YOU can be! Let's be ORIGINAL, (school mascot)!

ORGANIZED

Hello, (school mascot)! The Hero Action Word is ORGANIZED! Are you a person that has everything strung out all over the place or do you have it all together? We all have a lot to do - we are busy! So, how do we get everything that needs to be done done? We prioritize! Organize! It's as easy as 1,2,3 - Priority! What do I need to do first? What can I do last? If I have a checklist, I can make a checkmark after each task on my list is completed! (School mascot) prioritize and organize to get things done!

OWNERSHIP

Hello, (school mascot)! The Hero Action Word is OWNERSHIP! When I look in the mirror, I think, "I own this!" I am responsible for making me the proud owner of me. I always want to be the best I can be. That means when I mess up, I fess up and then get back up! It means, I won't fix the blame on someone else, I will find a solution to better myself. I want to be the proud owner of who I am becoming. Ownership is the key to being the proud owner of ME! (School mascot) take ownership seriously!

EAGER

Hello, (school mascot)! The Hero Action Word is EAGER! I can't wait...for the party! For the pizza to get here! For Christmas to come! For recess! That's eager, isn't it! I want to challenge you to look at your growth the same way. I can't wait to learn more! To get better at a subject! To take the test! Whaaaat? To be eager is to anticipate what is coming! So, while you wait in anticipation, do some preparation in the meantime. Then, you will better know what to do with what is coming! (School mascot) are always prepared for anything at any time!

EMPATHY

Hello, (school mascot)! The Hero Action Word is EMPATHY! Saying, "Get a life! Deal with it!" is not being very sensitive or understanding to the needs of those around you. Rather, "I get it" or "I know how you feel" helps us connect better with those around us. Empathy helps us connect! If someone is happy, be happy with them. If someone is sad, be sad with them. Empathy means you know how to meet them where they are. (School mascot), let's be sensitive to the needs of others.

EXTRAORDINARY

Hello, (school mascot)! The Hero Action Word is EXTRAORDINARY! Most people do what is required or expected of them and that is it! That's ordinary! What makes the ordinary "extra-ordinary"? You do what is required, AND THEN SOME! Doing what is required gets you up to speed, but going beyond what is required keeps you ahead in the race. Be Extra-Ordinary! Do what is required, AND THEN SOME! That's what (school mascot) do!

STRONG

Hello, (school mascot)! The Hero Action Word is STRONG! Are you afraid of something? What about the dark? Instead of being fearful of the dark, why don't you just 'flip the switch' and turn the lights on? I want to encourage you to not be fearful of the dark or of life. Don't let fear keep you in the dark, 'Flip The Switch'! Turn the power on in YOU! (School mascot) are STRONG, I have no doubt! When a challenge comes your way - FLIP THE SWITCH - turn on the power in YOU!

SINCERE

Hello, (school mascot)! The Hero Action Word is SINCERE! To let others know you truly care for them is a big deal, for real! It's really true - "People don't care how much you know until they know how much you care". I want to encourage you to be "For REAL" when you compliment others, express concern for others or lend a helping hand. Mean what you say and say what you mean flavored with sincerity. Be sincere, FOR REAL, that's the DEAL! (School mascot), we care about you, FOR REALS!

SILENT

Hello, (school mascot)! The Hero Action Word is SILENT! To speak or not to speak, that is the question! Have you ever said something you wish you could take back? Have you ever not said something but wish you had? If we are wise, we will think twice before we speak. Did you know that sometimes being silent speaks louder than words? (School mascot) - Be wise! Think before you speak!

OPTION 2

VIDEO SCRIPTS

FOR STUDENTS

Good morning (School Mascot)! I want you to think of your hero...close your eyes tight and picture that person inside your brain. Does your Hero have a special super-power? Is your Hero big? Strong? Can you see it?? Ok, open your eyes! Now that you know who your hero is, I want to share a secret...You can also be a hero! Yes, you can! And you can even be a better one than the person that you just pictured in your head. A hero doesn't have to wear a cape, have big muscles, or save the world. A hero can be anyone who wants to make the world a better place, and that starts with YOU!!! Each week you will be given a hero challenge word. You will use that word and accomplish a task/goal that has to do with that word.

HELPFUL

The Hero action word is "helpful". How can you help someone today? You could go over spelling words with a friend, hold the door for a classmate, or pick up trash. It's that easy! Be someone's hero today!

HEAR WITH EARS

The Hero action words are "Hear with your ears". Really listen to others today. Pay attention and look the person in their eyes when they are speaking. You can always repeat back what they said to make sure you really heard and understood.

HONEST

The Hero action word is "honest". Always tell the truth. If you don't know the answer, that's ok. Just say "I don't know". If you didn't do your homework, admit it. Honesty is always the best policy. If you are honest, people will know they can trust you.

HUMBLE

The Hero action word is "humble". Being humble means being gracious, and being interested in making someone else feel good about themselves. Offer a kind word or point out a great quality in someone.

HUMOR

The Hero action word is "humor". Everyone loves to laugh! Tell a funny story or joke.

HUSTLE

The Hero action word is "hustle". Be on the move! Be the first person to offer to help or volunteer. Be busy with movement and activity, but in a good and positive way! Go do something amazing today.

HONORABLE

The Hero Action Word is "honorable"! Honor is not free, it is earned. So, how do we earn it? One way to be honorable is to talk nice about others even when they are not around. Talking nice about others honors them and earns you the honor you are looking for. (School mascot), let's be honorable!

HARMON17F

Our Hero Action Word is HARMONIZE! When a bunch of people try to sing a bunch of different songs, they just create noise. When the same people are unified and sing the same song in the same key, a song is sung and a beautiful sound is made. That is true in music and in life! Whether it's singing in the same key or getting on the same page, when we harmonize great music is made!

HOSPITABLE

The Hero action word is "humble". Being humble means being gracious, and being interested in making someone else feel good about themselves. Offer a kind word or point out a great quality in someone.

EDUCATE

The Hero action word is "educate". Find out information about a famous person in history or a new subject. Nelson Mandela said, "Education is the most powerful weapon or tool you can use to change the world". Ask questions, be curious...Never stop learning!

EMPOWER

The Hero action word is "empower". Let someone know you truly believe in them today. Tell them "you can do it!". Let others know they can be heroes too. When you lift others up, you will rise too!

ENCOURAGE

The Hero action word is "encourage". Be someone's cheerleader. Build them up with positive words of encouragement. Write a note to one of your parents or a teacher and tell them how great they are!

ENLARGE

The Hero action word is "enlarge". Make someone else feel bigger and better. Help someone think bigger and better! Congratulate a friend on getting a good grade, tell someone they had a great idea, or you admire something about them. Lift someone's spirit today.

EQUIP

The Hero action word is "equip". Share what you know or have learned with another. Team up with others to get the job done. Many hands make light work. Teamwork makes the dream work. It could be something as simple as loaning a pencil, or working together to answer a question or finish a project.

EXPERIENTIAL

The Hero action word is "experiential". That words means, to try something new. Taste a new food, write with your opposite hand, or learn about a new hobby or sport. Do something different today.

RFIIANT

The Hero action word is "reliant". Reliant means reliable. That means people can count on you. When you make a promise, you keep it. Every single time. When you are asked to do something, step up and happily agree to help out, stand out and do it with a happy heart every single time.

RESILIENT

Our Hero Action Word is RESILIENT! Resilient people never quit, they just get better? Mistakes help us figure out how to do it better the next time. So, don't let the little things get you down. Take a deep breath and try again. Never give up! Don't ever quit. Just keep getting better.

RESPECTFUL

The Hero action word is "respectful". By giving respect to others, you will also earn respect from others. Be polite, use good manners, and use kind words, even if you don't agree. Say "yes ma'am or yes, sir when answering your parents and teachers.

RESPONSIBLE

The Hero action word is "responsible". You are in charge of you! Pay attention in class, pick up after yourself, keep your word, and be a hero someone can always count on.

REPEATABLE

The Hero action word is "repeatable". It's simple! When you brush your teeth every day it becomes a good habit. Walking is also something you learned by doing it over and over and over again until you got good at it. Be patient with yourself and know that practice will make you BETTER EVERY SINGLE TIME!

RISK

The Hero action word is "risk". Take a chance! Do something you have never done before. Sit with someone different at lunch, make a new friend, raise your hand to volunteer. Think of a turtle...he makes no progress until he sticks his neck out!

READY

The Hero Action Word is "ready"! "On your mark, get set, are you ready to go"? I want to encourage you to be ready for anything at any time. Whatever race you are in, be ready before the starter says, GO! On your mark, get set, is it time to go yet? Because I am a HERO I am always READY!

REASONABLE

The Hero Action Word is "reasonable"! When we share, everybody wins. When we can meet on common ground or come to an agreement before moving forward, everybody wins. When I am reasonable, everybody wins!

RADICAL

Our Hero Action Word is RADICAL! It seems like a crazy word, but it simply means that you've made your mind up and that's that! It's like I've made up my mind to be kind to everyone no matter what. Here's an idea, let's get crazy RADICAL about treating others the way we want to be treated. That would be RADICAL!

OBSERVATION

The Hero action word is "observation". Observation equals opportunity. Keep your eyes and ears open for opportunities to serve or help others. Be aware of what's going on around you!

OPEN

The Hero action word is "open". Be open to new ideas. Listen to good advice from people you love and trust. There can be more than one way to do something.

OPTIMISTIC

The Hero action word is "optimistic". There is ALWAYS a solution to a problem or a way to fix something to make it work. Keep thinking, working hard, and don't give up. When you figure it out, share what you have learned with others.

ORIGINAL

The Hero action word is "original". Original means one-of-a-kind. There is nobody else like you. You are a unique, original person. If you like ketchup on your eggs, wearing two different socks, or a certain sports team, that's OK! Don't try to be like someone else, just be you! You were born to stand out.

ORGANIZED

The Hero Action Word is "organized"! Do you know how to get done everything that needs to be done? It's as easy as 1,2,3! What do I need to do first, second and last before the day is done? Make a check-list of what needs to get done, then, do it! That's being organized!

OWNERSHIP

The Hero Action Word is "ownership"! I am responsible for making me the proud owner of me. I always want to be the best I can be. That means when I mess up, I fess up and then I get back up! It means, I won't fix the blame on someone else, I will find a solution that will better myself. Ownership is key to being the proud owner of ME!

EAGER

Our Hero Action Word is EAGER! It means you're so excited that's it's hard to wait. So, while we are waiting, let's prepare for what's coming. I can't wait to learn, grow and get better and for pizza. Let's get EAGER.

EMPATHY

Our Hero Action Word is EMPATHY! It is understanding and caring for others where they are. If a friend is happy, celebrate. If a friend is sad, show that you care. Empathy helps us meet others where they are.

EXTRAORDINARY

The Hero Action Word is "extraordinary"! Most people do what is required or expected of them and that is it! That's ordinary! What makes the ordinary "extra-ordinary"? You do what is required, AND THEN SOME! Doing what is required gets you up to speed, but going beyond what is required keeps you ahead in the race. Be Extra-Ordinary! Do what is required, AND THEN SOME!

STRONG

The Hero Action Word is "strong"! Don't let fear keep you in the dark, "Flip the Switch'! Turn on the power in YOU! When a fear or challenge comes your way, have the courage to 'FLIP THE SWITCH' on in you! (School mascot), be strong, turn the power on!

SINCERE

The Hero Action Word is "sincere"! To let others know you truly care for them is a big deal, for real! I want to encourage you to be "For REAL". Mean what you say and say what you mean. Be sincere, FOR REAL, that's the DEAL!

SHENT

The Hero Action Word is "silent"! To speak or not to speak, that is the question! If we are wise, we will think twice before we speak. Did you know that sometimes being silent speaks louder than words? Be wise! Think before you speak!

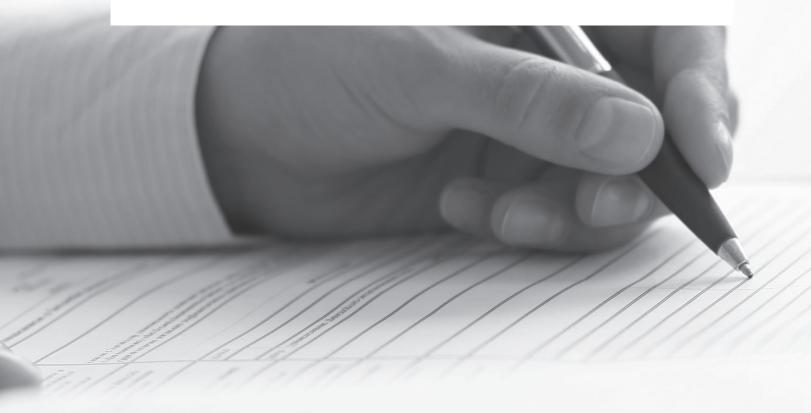
OPTION 3

PRE-MADE VIDEO

When you just don't have time! The Hero Builder team has made it as easy as possible for you to accomplish your goals and have created ready-made videos for you to access and use that follow the previously detailed Scripts. Ready to go with the push of a button!

ACCESS ONLINE WITH YOUR PASSWORD AT

TheHeroBuilder.com



THE LIGHT MANAGEMENT OF THE LI

Foundational Character Traits



SESSION 1 Teacher & Parent Training

A HERO IS AUTHENTIC

HERO THOUGHTS The question that gets the longest pauses before being answered is, "Since I know myself best, do I like who I am?" At one point in my life (Boyd Hamlin) the answer was no. Now, I still pause before I give my answer, "I like who I am becoming".

If you wouldn't follow you, why should anyone else? Leading others is easy compared to the hard work required in leading self. But, if we learn to lead ourselves first, we have a better chance of influencing the world around us in a positive way.

IF A MAN'S ASSOCIATES FIND HIM GUILTY OF PHONINESS. IF THEY FIND THAT HE LACKS FORTHRIGHT INTEGRITY. HE WILL FAIL.

Dwight D. Eisenhower

VISUAL/OBJECT LESSON

Oranges | Lemons What comes out of you when you're squeezed?

Rubber Bands: Works best when stretched

PERSONAL APPLICATION

Insert personal story/experience - Leading others, Leading self. Or, Tell a story about a teacher, coach or family member who did this for you. Or, ask the question: Who has demonstrated this idea of leading self well giving them the chance to lead others well?

Example: My 8th grade English teacher was this kind of person. I knew that when he told me to do something it was coming from a man who lived by his words. He didn't ask others to do something that he wasn't doing or willing to do. That made learning from his example much easier and helped me understand that before leading others, I must intentionally lead myself.

Integrity is the foundation you build your life on. If the foundation is bad, so will the life be. Integrity pays attention to the details nobody sees, that's why it's said it's who you are when no one is looking. Character is what others are going to see.

Integrity is the nails, screws, bolts, cement, wood and glue that hold the house together. Without the nails, screws, bolts, cement, wood and glue, you don't have a house to show others. When others see our character they also see our integrity (foundation) that we've worked on in the late night hours, getting ready to display to the world.

A structure with a strong foundation can be trusted. So, a person with integrity can be, too! If the foundation is weak, has flaws, cracks, it runs the risk of breaking under pressure, or when the storms of life come crashing down upon it. When the foundation has been compromised, you can put a temporary fix on it, repair it for a time. Ultimately, the best way to fix a faulty foundation is to break it down and start over, applying lessons learned that will make your foundation stronger as you begin rebuilding.

Honesty is a huge ingredient in laying a solid foundation for integrity. It says you can be trusted to follow through, be on time, finish what you started, do what you said you would do, keep your word, admit mistakes or wrong-doing. It says you can count on me. Honesty allows you to rest assured and know that I've got your back. Integrity is to be honest and have strong moral principles. Trust is the glue that holds people together. Do you have integrity? Have you had it? Can you get it back? These are good questions that demand an honest answer before you begin the journey of being a positive influence for others!

WHY FOCUS SO HEAVILY ON INTEGRITY?

Integrity develops trust. When you develop trust, you earn respect with others and draw people to you rather than repel them away from you. People are not left with the thought, "Can I trust this person?" They know they can!

Humility - It's not built on ego and pride, it's built on unbreakable morals and values that stand strong under every pressure and circumstance that comes its way. It doesn't mean you've arrived and others should marvel at you. Rather, it means you are doing what's required behind closed doors to shine when brought out in the open. It's living and learning how to better self which provides a model for others to adopt. Humility isn't thinking less of yourself, it's thinking of yourself less. Think of yourself when you are behind closed doors while working on bettering your foundation so you can think of others more when you are out in the open.

Above all else - Integrity! It is your job to do the hard work of building a strong foundation of Integrity. But, it's the job of others to tell us if we have it or not. We need people in our lives who will hold us accountable, ask the hard questions, give truthful answers of our current state and encourage us with wisdom to become better daily. I would encourage you to get a few accountability partners who desire to be a better influence to come alongside you in your journey.

Action Steps

Create accountability groups to build a strong foundation of Integrity. To grow others, we must grow ourselves. A strong foundation starts with you. Pair up into accountability groups of five. Pick a time each week to make a connection to share, encourage, compliment and challenge one another in character development.

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO IS

Authentic

(School mascot) Team,

Thank you for a great start to The HERO Builder program for (your school). The first session truly helped us understand the importance that authenticity and integrity are in laying a strong foundation to build upon.

I wanted to highlight the main points discussed in our time together in session one to keep them top of mind as we continue building on this foundation in the sessions to follow.

Honesty is a huge ingredient in laying a solid foundation for integrity. It says you can be trusted to follow through, be on time, finish what you started, do what you said you would do, keep your word, admit mistakes or wrong-doing. It says you can count on me.

Humility is not built on ego and pride. It is built on unbreakable morals and values that stand strong under every pressure and circumstance that comes its way. Humility is not thinking less of yourself, it is thinking of yourself less.

HERO ACTION STEPS:

I want to strongly encourage you to establish accountability groups.

- » Pair up into accountability groups of 5.
- » Pick a time each week to make a connection to share, encourage, compliment and challenge one another in your character development.

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

NOTES		

SESSION 2 Teacher & Parent Training

A HERO NURTURES IN **WORDS & ACTIONS**

HERO THOUGHTS Have you ever received a personal note from a special person in your life? Do you still have the note? Did it make a lasting impact on you, get you through a difficult time or provide confidence to tackle the task before you? Can you quote the words in it by memory? That is the power of a nurturing note.

A very simple way you can be somebody's hero is by nurturing. Parents nurture their kids. Coaches nurture their players. Teachers nurture their students. Employers nurture their employees. It seems that without proper nurturing we leave those under our care no other option but to figure it out the best they can on their own. If we can nurture our kids in the right direction - when they're old they won't be lost.

IT DOESN'T TAKE LONG TO WRITE A NURTURING NOTE. BUT IT MAKES **ALL THE DIFFERENCE** IN THE WORLD.

Boyd Hamlin

VISUAL/OBJECT LESSON

Notecards | Pens | **Stickers**

Nurture Notes don't take alot of time to write, but make all the difference in the world.

PERSONAL APPLICATION

Nurturing is caring for others which teaches them how to care. It's encouraging the growth and development of others which teaches them how to encourage others. Once we understand that a kid isn't a person to be dealt with, but a person to be developed we can begin providing proper instruction for their benefit. Nurturing isn't giving bandages to someone (dependence), but showing them where the bandages are (independence).

Whether you were properly nurtured or the people in your life missed the boat, you can turn the tide for those in your care. John Maxwell says that "you can't add value to people if you don't value people." If you don't value people, get around others who do and learn what valuing others looks and sounds like. We need to answer the questions 1)Do you see me?, 2) Can I trust you?, and, 3) Can you help me? that those around us are asking with complete confidence - YES. Virginia Arcastle said, "When people are made to feel secure and important and appreciated, it will no longer be necessary for them to whittle down others in order to seem bigger in comparison." In light of her comments, doesn't it seem that if we learn the art of nurturing we could dissolve bullying others to some degree?

What I'm suggesting is hard work. Naturally, we are experts in telling others the negative areas that need improvement. It takes hard work to point out the things they are doing right. Pointing out problems gives a person permission to live there, not the possibility of growth and development. What we give attention to gets the focus. Nurturing provides a way to focus on the possibilities of improvement where the opposite leaves a person feeling like they will never measure up.

NURTURE NOTES

Here are 3 nurturing notes that will help you appreciate, encourage, recognize, reward, support and believe in those under your care that will help them thrive.

Note: Each card to each recipient deserves your personal touch. One note reproduced and sent to everybody loses power. Personalize each note. It's not an exercise to check off our daily to-do's, but rather an opportunity to bring out the best in others.

NOTE ONE | POLITE

This is more of a generic note that says, "I see you" and "you matter". An example could read, "Hey, Landon! I was thinking of you today. You put a smile on my face! Have a great day!" Sign your name.

NOTE TWO | PERFORMANCE

This note focuses on a recent accomplishment, or something you saw them do that needs to be pointed out. An example could read, "Hey, Betty! I saw you helping your friend today during lunch. You're great at helping others! Keep up the good work!" Sign your name.

NOTE THREE | POTENTIAL/POSSIBILITY

It's obvious that you see them and what they are doing. Now, let's help them see what they can become. This note lets them know that you believe in them and helps them become more self-confident. This note can also let them know you are in their corner to help them become the best they can be. An example could read, "You can do anything you set your mind to doing. I know you'll do what it takes to do great on your test tomorrow. P.S. If you need any help getting ready, let me know!" Sign your name.

Keep in mind that sending emails, texting and such are okay. Writing a personal note is always the best and longest lasting option. There are more ways to nurture others, but this is one way to get your journey started.



- Nurture with Words: Start writing 'nurture notes' to students, staff and parents. Set a goal to write 3 to 5 daily in your down time. When every student in your class has received one, start again. Ask yourself which of the 3 'nurture notes' speaks best to the recipient. Be creative with your notes: write them on cards, wrappers, stretch out a rubber band and write a note on it, the options are endless.
- » Nurture with Actions: One of the most important questions a student could ask is, "Do you see me?" Let students know that you SEE them and that they matter to you.

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO IS

Nurturing in Words and Actions

(School mascot) Team,

Thank you for your participation in session two of The HERO Builder. Wow! John Maxwell is right when he said that "you can't add value to people if you don't value people". If we want to influence others well, we need to be able to answer a few questions they are asking us: 1) Do you see me? 2) Can I trust you? and 3) Can you help me? Nurturing notes is one way we can answer those questions.

Here are 3 nurturing notes that will help you appreciate, encourage, recognize, reward, support and believe in those under your care that will help them thrive. Remember that each recipient deserves your personal touch. One note reproduced and sent to everybody loses power. So, personalize each note. It's not an exercise to check off of our daily to-do's list, but rather an opportunity to bring out the best in others. Here are three nurturing notes/cards you can write:

Polite: This one is more of a generic note that says, "I see you" and "you matter". An example could read, "Hey, Landon! I was thinking of you today. You put a smile on my face! Have a great day!" Sign your name.

Performance: This note focuses on a recent accomplishment, or something you saw them do that needs to be pointed out. An example could read, "Hey, Betty! I saw you helping your friend today during lunch. You're great at helping others! Keep up the good work!" Sign your name.

Potential/Possibility: It's obvious that you see them and what they are doing. Now, let's help them see what they can't see. This note helps them know that you believe in them and helps them become more self-confident. An example could read, "You can do anything you set your mind to doing. I know you will do what it takes to do great on your test tomorrow. P.S. If you need any help getting ready, let me know!" Sign your name.

It doesn't take long to write a nurturing note, but it makes all the difference in the world!

HERO ACTION STEPS:

- » Nurture with Words: Start writing 'nurture notes' to students, staff and parents. Set a goal to write 3 to 5 daily in your down time. When every student in your class has received one, start again. Ask yourself which of the 3 'nurture notes' speaks best to the recipient. Be creative with your notes: write them on cards, wrappers, stretch out a rubber band and write a note on it, the options are endless.
- » Nurture with Actions: One of the most important questions a student could ask is, "Do you see me?" Let students know that you SEE them and that they matter to you.

Building HEROES,

SESSION 3 Teacher & Parent Training

A HERO EXPRESSES FAITH IN OTHERS

HERO THOUGHTS Most people don't believe in themselves. It often takes someone to believe in you to build a belief in yourself. Once someone has expressed a belief in you, it's your responsibility to build upon that foundation by acting on it. Once that foundation has been set, you can confidently share that belief with those around you. Rarely can you pass on to others what you don't possess yourself. Motivational speaker, Les Brown, has often said that people may need to borrow your faith in them while they develop a faith in themselves. Pass on to others the gift someone gave you when they said, "I believe in YOU"!



MY FAITH IN YOU DOESN'T MAKE YOU **GREAT. IT ONLY HELPS** YOU KNOW THAT YOU HAVE THE POWER TO BE GREAT.

VISUAL/OBJECT

Mirror

Believe in yourself and others. My faith in you doesn't make you great, it just helps you know you have the power to be.

PERSONAL APPLICATION

When a person thinks highly of you, it's a good thing. When you get a person to think more highly of themselves, it's the best thing. John Maxwell is right when he says, "If you express skepticism and doubt in their abilities, then they will repay your lack of confidence with mediocrity. On the other hand, if you show belief in people, they will go the extra mile to live up to your high hopes for them."

Find me a person who doesn't struggle with self-esteem and self-doubt and I'll show you a person who isn't breathing. When we have faith in others - encourage them, empower them, make observations that lead to opportunities to better them, remain optimistic for them when life's difficulties overwhelm them, they will begin to have a faith in themselves. When we believe in others we give them a reason to believe in themselves.

When you consistently demonstrate that you have faith in others, they will begin to show signs of establishing a faith in themselves. Here is one way we can show others we believe in them:

Forget the past - What happened in our past doesn't define our future. We can't walk into our future with the bag of the past dangling over our shoulder. To show that we have faith in someone, focus on where they are going, not where they have been. Focus on their potential and possibilities rather than mistakes and misfortunes. What must you un-see so that you can help someone see that there best days are ahead of them?

Affirms - John Maxwell, asked his father 'how do you know when someone needs encouragement'. His father answered, "If they are breathing". We can follow that question with another - how often do you encourage others? The answer - as often as you can! You can't tell a kid 'good job' one time and call it good. You can't help a kid improve in an area one time and expect to see improvement. It's an all the time job to keep others encouraged in a world where our words of encouragement get lost in the daily discouragements of life. Who can you add value to today with words of affirmation?

Inspires - When we have faith in others, we expose them to others who have successfully traveled the road they find themselves on. Books, movies, conferences. music and mentors all help in keeping the flame burning within. If a person doesn't have faith in themselves, they probably will not seek out these things themselves. You, the one expressing faith in them, have to take the initiative to see what they don't see and provide the resources and tools they need to get where they want to go.

Trustworthy - When the questions 1) Do you see me? 2) Can you help me? and 3) Can I trust you? are answered with a yes, we have a responsibility to be constant and consistent for the people we've expressed belief in. If we demonstrate, at any point, a lack of faith in the person we've developed a trustworthy relationship with, we risk losing ground with that person. Be a person others can trust and count on daily.

Hunger - We get to create a hunger for others to see bigger, be bigger, go further than one ever thought possible.

My belief in someone places a responsibility on them to aspire to act from that level of belief. It motivates them to try harder, dig deeper, climb higher than ever before. Nancy Dornan said, "When you believe in people, they do the impossible" 1

My belief in someone isn't to get them to think I'm great, but to get them to understand just how GREAT they are! And, before you know it, they will do exactly that. Motivational speaker, Les Brown says, "You have something special. You have greatness within you." It's our belief in others that creates a hunger to uncage that greatness.

My faith in you doesn't make you great. It only helps you know that you have the power to be great.

Action Steps

- » Let the person in the mirror know, "I believe in YOU!"
- » Practice telling others, "I believe in YOU!" Square them up and look them in the eye!

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Expresses faith in others

(School mascot) Team,

When someone believes in you it is a good thing. When you can get someone to believe in themselves it is a great thing! In The HERO Builder session 3, we discussed the importance of expressing faith in others. When we consistently demonstrate that we have faith in others, they will begin to show signs of establishing a faith in themselves. When that happens, it is a GOOD DAY! Here are the main points we discussed in expressing faith in others:

Forget the past - Our past doesn't define our future. To show that we have faith in someone, focus on where they are going, not where they have been. Focus on their potential and possibilities rather than mistakes and misfortunes. What must you un-see so that you can help someone see that there best days are ahead of them?

Affirms - We need encouragement daily. You can't help a kid improve in an area one time and expect to see improvement. It is an all the time job to keep them encouraged in a world where our words of encouragement get lost in the daily discouragements of life. Who can you add value to today with words of affirmation?

Inspires - Help others see what they can't see on their own. Take the initiative to point out to them what you see that they don't yet see. Then, provide them with tools and resources they will need to get where they want to go.

Trustworthy - Be a person others can trust and count on daily.

Hunger - We get to create a hunger for others to see bigger, be bigger, go further than one every thought possible. Make them hungry for more!

HERO ACTION STEPS:

- » Let the person in the mirror know, "I believe in YOU!"
- » Practice telling others, "I believe in YOU!" Square them up and look them in the eye!

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

SESSION 4 Teacher & Parent Training

A HERO HEARS THE HEART

HERO THOUGHTS "No one ever listens to me!" Have you ever heard someone say that? Have you ever said it? Typically, a person who says they're listening is probably just 'Pretend' listening, waiting for their turn to talk, chip in, share the thought they just had. "Most people do not listen with the intent to understand; they listen with the intent to reply". - Stephen R. Covey

The most important of all communication skills - Listening!



MOST PEOPLE DO NOT LISTEN WITH THE INTENT TO UNDERSTAND: THEY LISTEN WITH THE INTENT TO REPLY.

Stephen R. Covey

VISUAL/OBJECT

Telephone Game Pass on what you think you heard. Search on internet: "Telephone Game" and create a list that applies to your group.

PERSONAL APPLICATION

An elderly lady and her friend wanted to be of service to their community, but didn't feel they had many talents to draw from. They had an idea and set up a meeting with the high school Principal. They explained that they wanted to serve the community with their ears. The one thing that both ladies were very good at was listening to others. They wanted to serve the student body by listening to any student that wanted to talk about anything under the sun.

The Principal was skeptical, but told the ladies to be at the upcoming school assembly to make an announcement about lending their ears to the student body. Excited about an opportunity to serve, the ladies went right to work getting business cards made. On the day of the assembly, the ladies took the stage and told the students - we are old ladies who want to make a difference. We are very good at listening! We don't know what you go through on a daily basis, concerns you have, problems you encounter, but our ears are yours anytime you need them. We will be in the back of the auditorium handing out business cards with our numbers on them if you are interested. Within the next few weeks, the two ladies had received hundreds of calls from students who simply needed an ear to hear their heart, hurts and hopes. These ladies helped by simply listening. The program they started has since been welcomed in other schools. There is power in listening!

The message a listener must send is 1) I see you and 2) I hear you. It's crucial we are fully present when we are listening. We bring to the table respect and reliance to gain honesty and receive an education of the person speaking. The speaker may be open to hearing new ideas if we've listened well and truly understand where they are coming from.

Peter Drucker said, "The most important thing in communication is to hear what isn't being said". When listening, what is being said without words? What are their eyes telling you? What is their body language telling you? Does their dress and hygiene scream anything at you? What about their tone of voice?

Below is a guide for being a better listener.

- » What is their HEART telling you about who they are?
- » What does their HURTS tell you about where they have been?
- » What are the HOPES that drive them?
- » How can I HELP them reveal the HERO within?

Use this guide as you listen to others. In doing so, you will discover that you need to also listen with your eyes to hear what's being said without words. What concerns me or brings me caution? How can I help? Who do I need to connect with to provide the right help for the person who chose me to be a listening ear? Keep in mind that we are listening because we care; not to provide unwanted advice. If we have a habit of blurting out our solutions to their circumstances, we give them reason to believe we weren't listening, only waiting for our turn to speak.

There are dozens of ways we are advised to listen better. I don't claim to be an expert by any means. But, what has worked well for me has been to simply lend my **EARS**:

- **E** Exit out of YOUR world to be fully present in their world. Whether you are talking on the phone or in person, have a pen and paper to write down what you are hearing so you can understand better, respond better, help better...You've been invited into their world to help them with their world. Seldom do they ask to come into yours.
- **A** Ask questions to clarify, to better understand their heart, hurts and hopes, to help them think in and out of the situation, to draw out the answers that lie within, to determine how you can best help. Questions show the speaker you are listening.
- **R** Review and Repeat back what you heard to make sure you heard right. Respect the speaker by making sure you are hearing exactly what they are saying with and without words.
- **S** Support what you hear with truthful and factual feedback. Some just need to be heard, some will need help, some will need directional advice, some already hold the answer that needs drawn out by a well-placed question, and some are asking for accountability for their journey. But, all are simply asking to be heard.

Open your ears! The world is speaking to you, if you will listen.

Action Steps

- » How to use your ears when listening to others:
- » Exit out of YOUR world, be fully present in their world.
- » Ask questions to clarify
- » Review and Repeat
- » Support what you hear with truthful and factual feedback.

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Hears the Heart

(School mascot) Team,

I hope you are enjoying the process of building heroes as much as I am. Our latest session 4 from The HERO Builder was a tough one. Stephen Covey said it best, "Most people do not listen with the intent to understand; they listen with the intent to reply". Isn't that true? I don't know how many times I have missed what was being said because I was waiting with a reply. This is a tough one for me, but I am learning that the most important of all communication skills is listening.

These questions are great to use as we work on our listening skills:

What is their HEART telling you about who they are?

What are their HURTS telling you about where they have been?

What are the HOPES that drive them?

How can I HELP them reveal the HERO within?

HERO ACTION STEPS:

Use your EARS:

- » Exit out of your world and be fully present in their world.
- » Ask questions to clarify.
- » Review and Repeat
- Support what you hear with truthful and factual feedback.

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

NOTES			

SESSION 5 Teacher & Parent Training

A HERO SEEKS TO UNDER-STAND DEEPER

HERO THOUGHTS "No one understands me" is said most often by those who fail to work at understanding others. When we look at the world around us through our own lens, we ignorantly think others will, or should, see the world through the same lens - OURS!



TO BETTER UNDERSTAND OTHERS. WALK A MILE IN THEIR SHOES.

VISUAL/OBJECT

Charades

Understanding without words.

Canvas Shoes | Sharpies

One shoe is positive words, one shoe is negative words. What do you see when you walk a mile in their shoes?

PERSONAL APPLICATION

Everyone wants someone to understand them, but seldom budges in an effort to understand those around them. Chances are also high that a person seeking to be understood by others probably doesn't fully understand themselves. If you want to be understood, seek to understand and do the hard work of getting on the same page.

For example, I, Boyd Hamlin, am a father of two boys now 22 and 20 years of age. When they were younger I would often hear, "Cody won't go to the park with me" or "Collin won't play video games with me". When they discovered that giving a little gained them a lot more in the long run, life got much better for both of them. Instead of being alone all day, playing a bit at the park and playing a bit of video games built a better relationship than being stubborn and controlling would have ever produced. So, when you put in the time and go through the trouble of understanding others, the pay-off could make all the difference in the world. Getting your own way may mean going it alone and making no difference at all.

UNDERSTANDING OTHERS REQUIRES:

Responsibility - Meeting others where they are but, not forgetting who you are in the meantime. Maintaining who you are while you discover who they are is vitally important. Forget who you are in the process of understanding others, or becoming what everybody else desires to gain a win and you lose in the long run. Understanding others requires healthy compromise from both parties. Stay true to you while you seek to understand those around you. On top of that, think the best of others. When you think the best of others, that's what you'll get from them. Think the worst of others and that is probably what you will get in return.

Respectful - What are they thinking? What motivates and inspires them? How do they react in certain situations? The best way to answer these questions is to walk a mile in their shoes, spend a minute sitting in their spot to see what they see, feel how they feel, and reason how they would in any given situation. We need to do it with 100% respect of the person/s we are seeking to understand. We haven't grown up with them, seen how and where they grew up, what challenges they dealt with on a daily basis, or how

past relationships have shaped their current ones and the list goes on. Walk a mile in their shoes and don't hand them back until you understand, until you get it. And, when you do, know that empathy does not mean sympathy. They're not asking anyone to feel sorry for them, just to 'get' them.

Be Open To New Ideas - Believe it or not, your way isn't the only way. The team with different personalities brings different ideas to the table. Seek to understand each other and move forward, together, on an agreed upon idea. A table full of good ideas equals a great idea to be implemented. Your idea, the only idea leads to frustration!

Optimistic In Outcome - Failure is never final if we learn and become better as a result. No one really knows if some ideas are going to work until they - WORK! Try it, tweak it, make it better and you'll become better, too. If it doesn't work, you grow and learn together. If it works, you grow and succeed together. Either way, it's better than going it alone.

What can you do to better understand the people in your life?

Action Steps

- To better understand others, walk a mile in their shoes.
- Ask better questions.
- » Practice your LISTENING skills.

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Seeks to understand deeper than others

(School mascot) Team,

I hope you are having a great day! Can I ask a question? Have you walked in a pair of shoes other than your own today? One of the best ways to better understand someone is to walk a mile in their shoes to see what they see, feel how they feel and experience what they are experiencing. And, when we go through the trouble of better understanding others, the pay-off is out of this world. What can we start doing to better understand those we seek to influence?

HERO ACTION STEPS:

- To better understand others, walk a mile in their shoes.
- Ask better questions
- Practice your listening skills. Listen to what is being said with words. Hear what is being said without words.

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

NOTES		

SESSION 6 Teacher & Parent Training

A HERO HELPS OTHERS **GET BIGGER**

HERO THOUGHTS Most people I know only grow enough to meet the problem that is staring back at them. In doing this, they never truly outgrow THAT problem or situation. It will be the constant problem staring back at them or the situation that steals their joy unless we help them do some stretching.



THERE IS NO MORE NOBLE OCCUPATION IN THE WORLD THAN TO **ASSIST ANOTHER HUMAN** BEING - TO HELP SOMEONE SUCCEED.

Alan Loy McGinnis

VISUAL/OBJECT

Balloons

Do our words and actions lift up (inflate) or put down (deflate) others?

PERSONAL APPLICATION

John Maxwell talks about "The Law of the Rubber Band" in his book, "The 15 Invaluable Laws of Growth". Basically, it says that "Growth stops when you lose the tension between where you are and where you could be" 2. Growth takes initiative! In a world where people are comfortable being comfortable, our challenge of enlarging others, helping them get comfortable being uncomfortable is great. Try motivating a person perched on the porch of mediocrity. Or, convince someone to move out of the town called "Average" and you'll see how real the dilemma is. "I cannot stand the idea of settling for average, can you? Nobody admires average. The best organizations don't pay for average. Mediocrity is not worth shooting for.

As novelist Arnold Bennet said, "The real tragedy is the tragedy of the man who never in his life braces himself for his one supreme effort, who never stretches to his full capacity, never stands up to his full stature." ³ We must be aware of the gap that stands between us and our potential, and let the tension of that gap motivate us to keep striving to become better" (The 15 Invaluable Laws of Growth, pgs. 162-163). Mediocrity is miserable! Abraham Maslow said, "If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life." In other words, don't be okay with being stressed out, seek to be stretched out!

Enlarging others helps them move towards their maximum potential, and helps them exceed their current capacity. It is time and effort well spent.

² Maxwell, John C. "The 15 Invaluable Laws of Gratitude", New York: Center Street, 2012

Experiential - A trial-n-error process in discovering and developing your potential is a key in determining if you like it and have the desire to do it. Experimenting takes away all "would have", "could have" and "should have" scenarios. It leaves behind the safety and security of the familiar, erases the excuses that once filled your mind and creates a willingness to keep the tension between where you are and where you want to be. And, once we help someone stretch in the direction of their full capacity, we can:

Equip - Provide the necessary resources to develop the new found talent/ability to take it to its full capacity. Equip them with support, equipment, tools and people that will make all the stretching, striving and sweating worth every second. Equipping always takes:

Effort - On the enlarger and the one being enlarged. A wake up call before the rooster crows. A new regimen that requires persistence and resilience. A schedule that aims for daily advancements that leads to the ultimate achievement of reaching one's capacity. This is a no-slack commitment to the person/s we seek to enlarge. It requires constant:

Encouragement - It's not enough to believe someone can accomplish something great, it's working with them in the midst of becoming great. Encouraging words, actions, accountability and recognitions keep the spirit up when advancement is minimal and the finish line is out of sight. It's defeating the doubts that hold them at bay and helping them to press on and through the barriers that stand in front of them. Encouragement provides promise to the people counting on us to help them exceed their current capacity. Then, we see that the hard work of enlarging others:

Expands - How amazing is the feeling you get when you encounter someone you have helped stretch to their full capacity helping others stretch to their full capacity? That's legacy, my friend! When you enlarge others, help them see what they would have never seen or experience what they would have never experienced, you launch them into a lifetime of stretching and endless possibilities.

"Life begins at the end of our comfort zone" - John Maxwell

Action Steps

- » Help others move from a limited position of being stressed to a maximum position of being stretched. Help those around you get BIGGER!
- » Help students see what they cannot see themselves.

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Helps others get bigger

(School mascot) Team,

I want to give you a standing ovation for the difference you are making on the lives of others. I am proud to be a part of this team! You make me - BIGGER!

The HERO Builder session 6 was a great reminder of the tension between where we are and where we want to be. At times, we find ourselves being more stressed than stretched. Our students are no different. They get caught in the stress of their current capacity and forget to stretch into their maximum potential. That is where we come in!

We do, in fact, have the greatest job on the planet! As teachers, we get to STRETCH the next great leaders of the world! Let's continue making our students BIGGER by helping them keep the tension between where they are and where they want to be as tight as possible.

HERO ACTION STEPS:

- » Help others move from a limited position of being stressed out to a maximum position of being stretched out. Help those around you get BIGGER!
- » Help students see what they cannot see themselves.

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

NOTES		

SESSION 7 Teacher & Parent Training

A HERO PROVIDES **DIRECTION FOR OTHERS**

HERO THOUGHTS If you don't know where you're going, staying put seems the most logical option. We stay in "park", pulled over on the side of the road because we don't know how to get where we've never been. If we move down the road in a direction we are unsure of, we could arrive at a destination we never planned on reaching and move miles away from where we wanted to go in the first place. .



A TRAVEL AGENT HELPS YOU PREPARE FOR THE TRIP. A TOUR GUIDE TAKES THE TRIP WITH YOU.

VISUAL/OBJECT

Blindfold

Does your direction help others get through the obstacles in life?

PERSONAL APPLICATION

We need someone to help us get where we're going, someone who's been there, knows the road, who can help us get around the pot holes, be our GPS and companion for the journey. We need a NAVIGATOR!

It's always better to have someone meet us where we are to help us get where we want to go. Before you take off on a journey, you really don't want to hear someone say, "Good luck", or "Hope you make it". Instead, we would welcome a person who said, "I've been where you're going, I can be your guide if you like".

A person who navigates well for others is:

Helpful - Knowing what you're talking about is important in helping navigate for others. If you've never played soccer, how can you help someone play the game better? If you've never traveled the world you'd be a poor tour guide for someone who wants to. To be helpful, it's better to have done what you're helping another do than merely knowing about it. The more you've experienced something, the more helpful you can be for others. Note: a navigator doesn't have to know everything to give direction. You just need to have been where others desire to go, giving direction that has been tested to help others reach their destination.

Equipping - A navigator provides the resources needed to experience a more successful journey. Having the essential tools and knowing how to use them properly provides you with confidence on the front end and helps you know that getting where you want to go is just a matter of time.

Risky - A navigator has already decided that the investment of time and resources involved in guiding others is worth the risk. They have faith others will reach their desired destination (goals), but know the fact of the matter is that it will take more than a day and a night to get there. Henry David Thoreau said, "The man who goes alone can start the day. But he who travels with another must wait until the other is ready". A navigator must know the destination of those he/she is providing guidance for along with how much ground to cover and when to stop for a rest. If the navigator pushes beyond readiness, defeat triumphs before the destination is reached. Help them, don't hurt them. It's one thing to help a person exceed their current capacity and another to place unnecessary limitations on them because you wanted to rush things along. The people you are guiding set the pace for the journey. Take time to look at 4 areas before proceeding:

Celebrate - the ground you've covered to get where you are.

Character - how you have grown thus far and in which areas are you still needing to grow to get where you are going.

Choices - you've made choices that have brought you this far. What choices will need to be made to advance even further?

Challenges - you've been victorious over challenges faced, but what must you do to prepare for the challenges ahead?

Uncover Possibilities - Sometimes, those taking the journey will think that they can't go any further. It's the navigators chance to keep the vision clear by reminding them what they dream about, sing about and cry about. A navigator knows obstacles bring out the best in us. They stay the course; take the journey with us until we discover how to navigate on our own. Because a navigator helped chart our course, we can be a compass for others.

Action Steps

- Navigate for someone Student, Staff member, Parent. Help them move forward in their journey.
- Match the Navigator We have not 'been there, done that' in every area of life. But, someone has. If the navigator can't provide direction for the traveler, little ground will be covered. When the navigator can provide sound direction for the traveler, much ground can be covered in a shorter amount of time.

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Provides direction for others

(School mascot) Team,

I know that many of us have reached a place in life that we did not know how to get where we wanted to go. I have been lost in little towns and big cities alike. I have been lost in making daily decisions toward my long-haul destinations. I didn't need someone to point me in the right direction. I needed someone willing to take the trip with me. I needed a guide, a navigator.

Every day our students are being guided closer to or further away from their desired destination. It is our responsibility to give them the kind of directions that move them forward, not backward.

The HERO Builder session 7 was a good reminder that we all need a little direction. My favorite part of the session was towards the end. "The people you are guiding set the pace for the journey". We were encouraged to look at four areas before proceeding with further directions to the traveler:

Celebrate - the ground you've covered to get where you are.

Character - how you have grown thus far and in which areas you still need to grow in order to get where you want to go?

Choices - you have made choices that have brought you this far. What choices will need to be made to advance even further?

Challenges - you have been victorious over challenges faced, but what must you do to prepare for the challenges ahead?

A good navigator stays the course until the traveler is ready to journey on their own.

HERO ACTION STEPS:

- » Navigate for someone student, staff member or parent. Help them move forward in their journey.
- » Match the Navigator We have not 'been there, done that' in every area of life. But, someone has. If the navigator cannot provide direction for the traveler, little ground will be covered. When the navigator can provide sound direction for the traveler, much ground can be covered in a shorter amount of time.

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

SESSION 8 Teacher & Parent Training

A HERO INVESTS IN **OTHERS**

HERO THOUGHTS It all comes down to connecting with others. You either do or you do not. Here are a couple of ways to look at this:

- 1) Communication is telling someone how you want something done
- 2) Connecting is investing in others and inviting them to share the journey with you

YOU CAN CONNECT WITH PEOPLE AND LEAD THEM ONLY IF YOU VALUE THEM.

John C. Maxwell

VISUAL/OBJECT

Pictionary Use words that are applicable to your staff.

PERSONAL APPLICATION

When I think of connecting with others I can't help but think of Zig Ziglar's words of advice, "Help enough people get what they want and they will help you get what you want". In order to do that you have to connect.

Have you ever been more confused after a conversation has taken place than before it started? It has been done to us and we have done it to others. When we walk away from a conversation saying either, "I don't know if I said what I wanted to say" or "I have no idea what just happened here", we probably didn't make the connection like we had hoped to. But, regardless, we still walk away frustrated because we THINK we TOLD them what we wanted them to do or to know, and it's their own incompetence that prevented them from hearing what you were trying to say. I guarantee you that they were confused the minute your lips started moving! Not only do we fail to communicate with others, but we often fail to connect with others.

If we are going to identify with people and improve our influence with them, we must:

V – Value Others: For fifty years, John Maxwell has lived by the advice his father gave him. His advice was to every day "intentionally value people, believe in people, and unconditionally love them." Valuing others is never about showing others how great you think you are. It's always about showing others how great you think they are or how great they have the potential of becoming. Valuing others is humbling yourself and connecting with them on common ground so that you can inspire them to go to higher ground.

Being respectful of where others are and helping them get where they want to be is a process. "Even when you find common ground, you can face obstacles in the communication process. If you detect that people you're trying to connect with are tentative about your approaching them, then try to meet them on emotional common ground. An excellent way to do that is to use something called feel, felt, found to help them relate to you. First, try to sense what they feel, and acknowledge and validate the feelings. If you've had similar feelings in the past, then share with them about how you've also felt the same way before. Finally, share with them what you've found that has helped you work through the feelings" 5

When we value others, meet them on common ground, we become a reliable guide that others are more willing to journey with. There is a responsibility of bringing out the best in others once we've done the hard work of connecting. It opens the door to adding value through words of encouragement, acts of kindness and gifts of generosity at whatever level available to us to resource them towards the best version of themselves they can be. So, in order to connect with others, you must want more for them than you do for yourself. One last thought that will help us in valuing others is to keep making yourself more valuable so that you have more value to give. When you daily make yourself better, what you give others will always be better than yesterday's best.

I – Initiate to Invest in others: Connection with others requires close proximity. Whether it's connecting with the people you want to be more like or being around those you want to help you will have to get close. In order to

get close, you must initiate being invested in or to invest in others. Chances of those needing your help coming to you are very slim. People are more receptive to you when you go to them first. You must seek them out to help them out! Someone has to make the first move, ask a question, tell a joke or simply start the conversation. Nine times out of ten, that person is you. Initiate the investment you desire to have with others and watch the interest multiply. Now, here's a very important note on initiating an investment in others – you won't connect well with everybody, but everybody will recognize your efforts to initiate connection.

P – Perspective Matters: After you have made the initial connection with someone, know that perspective matters. So often we want to tell others what WE SEE from where we stand before we first SEE things from where they live. Once we've seen clearly where others are, we can provide proper insights when asked. People don't care how much you know until they know how much you care. So, in connecting with others, see things from their perspective to know how to help them where they are from where you are. Another way to say it is – when you've done the hard work of seeing, hearing and experiencing life from another person's perspective, you can then help them search, find and implement a solution for where they want to go. Being consistent in connecting from their perspective will help you help them make great progress.

We were made for community, which means we must do the hard work of initiating the investments we want to make in others and the investments we want others to make in us.

Action Steps

- » Let's go back to the beginning and revisit the advice that John Maxwell's father gave him. These questions can help us know if we are connecting well with others.
- » Do I intentionally value people every day?
- » Do I let people know I believe in them every day?
- » Do I consistently and unconditionally love them every day?

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Invests in others

(School mascot) Team,

The HERO Builder used the letters V.I.P. in session 8 to talk about the importance of connecting with others. I wanted to give you the main points of our session together.

If we are going to identify with people and improve our influence with them, we must:

- **V Value Others:** For fifty years, John Maxwell has lived by the advice his father gave him. His advice was to every day "intentionally value people, believe in people, and unconditionally love them". Valuing others is never about showing others how great you think you are. It's always about showing others how great you think they are.
- I Initiate to Invest in Others: Connection requires close proximity. In short, you must seek them out to help them out!
- P Perspective Matters: When you have done the hard work of seeing, hearing and experiencing life from another person's perspective, you can then help them search, find and implement a solution for where they want to go.

We were made for community, which means we must do the hard work of initiating the investments we want to make in others and the investments we want others to make in us.

HERO ACTION STEPS:

- Intentionally value people every day!
- Let people know you believe in them every day!
- Consistently and unconditionally love people every day!

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

SESSION 9 Teacher & Parent Training

A HERO RELEASES THE POWER IN OTHERS

HERO THOUGHTS Who has empowered you in your life? How did they empower you? When did they empower you? Why did they empower you? As a result, whom have you empowered?



EMPOWERING MEANS ENTRUSTING THE POWER TO OTHERS.

John C. Maxwell

VISUAL/OBJECT

Sports drink (small bottles)

"You've Got it in You" -Releasing the power in others.

PERSONAL APPLICATION

To empower is to turn the **Power On** in others. You have empowered others, I know it! Here's how I know:

- To empower involves teaching a child how to walk. To be empowered is allowing them to let go of your fingers.
- To empower involves a mess in making the cookies with grandma. To be empowered is grandma leaving you alone in the kitchen.
- To empower involves teaching your teenager how to drive. To be empowered is tossing them the keys.
- To empower involves showing others how to lead well. To be empowered is letting them lead others.

When you empower others, they can go further with a confidence gained by your influence, your direction and the countless hours you gladly poured into them. It means helping others have a belief in themselves that is stronger than your belief in them.

Think about it - I don't accomplish greatness because only you believed I could. I've accomplished greatness because you helped me believe that I could. That's empowerment!

"Empowering means entrusting power to others"

Empowering others isn't pawning off on others what you don't want to do. Rather, it's delegating to others what they have the potential of taking on and excelling at, leaving you the freedom to do that which only you can do. It's a win/win! When you create an environment of empowerment, leadership happens!

Not in an effort to be religious or spiritual, Jesus gives us a great and simple model to follow in equipping and empowering others. Watch how He did it:

- He did it, they watched.
- He did it, they helped.
- They did it, He helped.
- They did it, He did something else only He could do.

Weaved into this model are encouragement, equipping and empowering others to greatness. There is responsibility, accountability and authority given to the disciples/students. It's important to point out that after Jesus masterfully walked through these steps He didn't say, "See you later, good luck boys!" No, He commissioned them to "GO" (Authority) and make more disciples (responsibility) and reminded them that He would be with them until the end of time (accountability). There are other great models of empowering others that are worth looking into, just keep in mind that the KEY is turning the power on in others.

"Empowering means entrusting power to others". Empowering isn't overpowering. It's seeing someone's potential and helping them become better than they ever thought possible!

Empowering others can be messy. For example, have you ever made a cake or a batch of cookies with someone who has never done it? You have to walk them through the ingredients, what goes in first, how to mix it up and prepare the pan before putting the cake or cookies in the oven. In the midst of all this, there are eggs whipping, flour flying, salt shaking and frosting flung all over the kitchen. Once the timer goes off on the oven, the tasty product is revealed. Both are proud of what has been created and the mess that has to be cleaned up is no longer that big of a deal. If you're a leader who empowers, the mess is worth making.

If I (Boyd Hamlin) had to describe empowering others from my own experience, I would have to go back to the beginning of my student ministry experience. My professor gave the best advice when he said, "work yourself out of a job". Do you know what I have discovered through the years? When you lead from the mindset of empowering others, you will never be without a job. On the other hand, if you don't empower others, your job and your influence will be short lived.

I believe that the responsibility of an empowering leader is to see the potential in others and help them live into it.

"Remember that all people have the potential to succeed. Your job is to see the potential, find out what they lack to develop it, and equip them with what they need" 6

Empowering others can be messy, but the mess is worth making!

Action Steps

- » See their potential
- » Find out what they lack to develop it
- » Equip them with what they need

SESSION 9

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Releases the power in others

(School mascot) Team,

"Empowering means entrusting power to others". Isn't that a great thought? When you empower others, they can go further with a confidence gained by your influence, your direction and the countless hours you gladly poured into them. It means helping others have a belief in themselves that is stronger than your belief in them. Think about it - I don't accomplish greatness because you believed I could. I have accomplished greatness because you helped me believe I could. That's empowerment!

That is what you are doing in building heroes at (name of school)! I believe that the responsibility of an empowering leader is to see the potential in others and help them live into it.

HERO ACTION STEPS:

- » See their potential
- Find out what they lack and develop it.
- Equip them with what they need to succeed.

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

Building HEROES,

(Your name)

NOTES		

SESSION 10 Teacher & Parent Training

A HERO CREATES **MORE HEROES**

HERO THOUGHTS When you work hard to be somebody's HERO today, you bring out the HERO in them for somebody tomorrow! If you were surrounded by those you've directly had an influence on, what does that picture look like? Do you celebrate what you see or panic and wonder what went wrong?

THE TRUE MEASURE OF A PERSON ISN'T FOUND IN WHAT HE/SHE HAS BECOME ON THEIR OWN. RATHER IT IS FOUND IN WHO WAS ALLOWED TO INFLUENCE. SHAPE AND MOLD THEM INTO THE PERSON THEY HAVE BECOME.

John C. Maxwell

VISUAL/OBJECT

Follow the Leader Game People do what people see

PERSONAL APPLICATION

We reproduce who we are. Those we influence become what we've displayed to them through our example. So, what does that look like? How could you have made the outcome even better? Our successes in life are found in our daily agenda. Those we influence remind us how we live and what we truly value. If you want to know how you're influence is going, just take a look at those you influence.

Let's take the position of TEAM (Together Everyone Achieves More) for this lesson on reproducing influencers. To be honest, how we influence others is a direct result of those who have influenced us. So, if we want to better our influence on others we need to ask a question - who is on my team of influencers that will help me in influencing those closest to me in the best possible way? The answer is important because those we influence will look for similar influences to continue their own growth as they establish influence on those around them.

In knowing that we influence others how we were influenced, I (Boyd Hamlin) recently asked my dad who were his best influencers. Out of those influencers, who did you select to be on your team of influencers for my brother and me?

Keep in mind that we can't give what we don't have, but we can give all we do have and recruit from a hand-selected team of influencers who have fine-tuned an area of life we would like reproduced in our sphere of influence. It is true that we reproduce who we are and what we are exposed to.

Before I tell you my dad's team of influencers, how would you select a well-balanced team of influencers to expose your sphere of influence to? In "Becoming A Person of Influence", John Maxwell gives us the criteria for a team of influencers. 7

AN INFLUENCER MEANS

- » Modeling integrity with everyone you come into contact with.
- » Nurturing the people in your life to make them feel valued.
- Showing faith in others so that they believe in themselves.
- Listening to them so that you can build your relationship with them.
- Understanding them so that you can help them achieve their dreams.

- » Enlarging them in order to increase their potential.
- » Navigating them through life's difficulties until they can do it themselves.
- » Connecting with them so that you can move them to a higher level.
- » Empowering them to become the person they were created to be.
- Reproducing other leaders so that your influence continues to grow through others.

MY DAD'S TEAM OF INFLUENCERS:

Grandma

INFLUENCER

Consistent/constant in spiritual molding of my dad. She encompassed the heart of an influencer.

Al (Dad's dad)

INTEGRITY

Modeled a strong work ethic.

Don (Dad's father-in-law)

INTEGRITY | NURTURE | LISTEN | UNDERSTAND | CONNECT

Built strong relationships (people skill) and set an example of what being a good man and grandpa looked like. He prioritized his family.

Mr. Shanks

NAVIGATOR | INTEGRITY

In his youth, dad worked at a Phillips 66 full-service station. Mr. Shanks introduced dad to the business world where he would build his career after service in the Army. At my Grandma Hamlin's funeral service, Mr. Shanks told my dad, "I'd be proud to call you my son". Mr. Shanks is in his late 80's and still working and setting an example for others.

Uncle Paul (Don Bryant's brother)

INTEGRITY | NURTURE | FAITH | UNDERSTANDING | CONNECT

NAVIGATE | EMPOWER

Authentic spiritual leader that can be best described as 'the calm in life's storms'.

Mr. Hershey

INTEGRITY | LISTEN | UNDERSTAND

A true example of patience and its benefits.

Mr. Ruark

INFLUENCER

Dad's spiritual mentor who lived the words he spoke.

Mr. Loffer

INTEGRITY | NURTURE | CONNECT | NAVIGATE | EMPOWER | REPRODUCER Dad's Go-To-Guy and an extra set of eyes for us boys.

Mr. Bryant

INFLUENCER

A servant-leader who was always available, authentic and a partner of accountability.

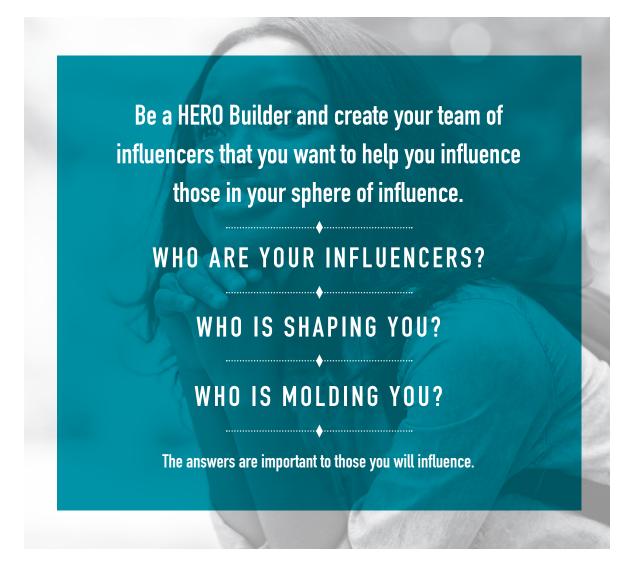
Coach Duke

INFLUENCER

Coach Duke was an example of what the character of a man looked like on and off the court.

Notice how many ways this team of influencers set an example. If you knew my dad, you would be able to see all of these influencers wrapped up in his life. Do you know what's awesome about this list? My brother and I were exposed to their influences in person as well as through my dad's influence.

(Facilitator - Give examples of your greatest influencers in place of the above story)





- » Be a HERO Builder today and ENCOURAGE, EQUIP AND EMPOWER them to be somebody's HERO tomorrow.
- » It starts with YOU!

SESSION 10

FOLLOW-UP EMAIL OR VIDEO SCRIPT:



A HERO

Creates more heroes

(School mascot) Team,

You have been a hero to our students at (name of school). Thank you!

You have worked hard at bringing out the hero in our students. Thank you!

You have made ready our students to be somebody's hero for tomorrow. Thank you!

I want to encourage you to continue the process of building heroes. To do that, I want to challenge you to create a team of influencers that you want to help you influence those in your sphere of influence by asking yourself these questions:

Who are your influencers? Heroes?

Who is shaping you?

Who are you shaping?

The answers are important to those you will influence.

HERO ACTION LIFE:

Be a HERO Builder today and ENCOURAGE, EQUIP AND EMPOWER others to be somebody's HERO tomorrow. It starts with YOU!

Thank you for being a part of this team of HERO Builders and for making a BIG difference in the lives of (school mascot).

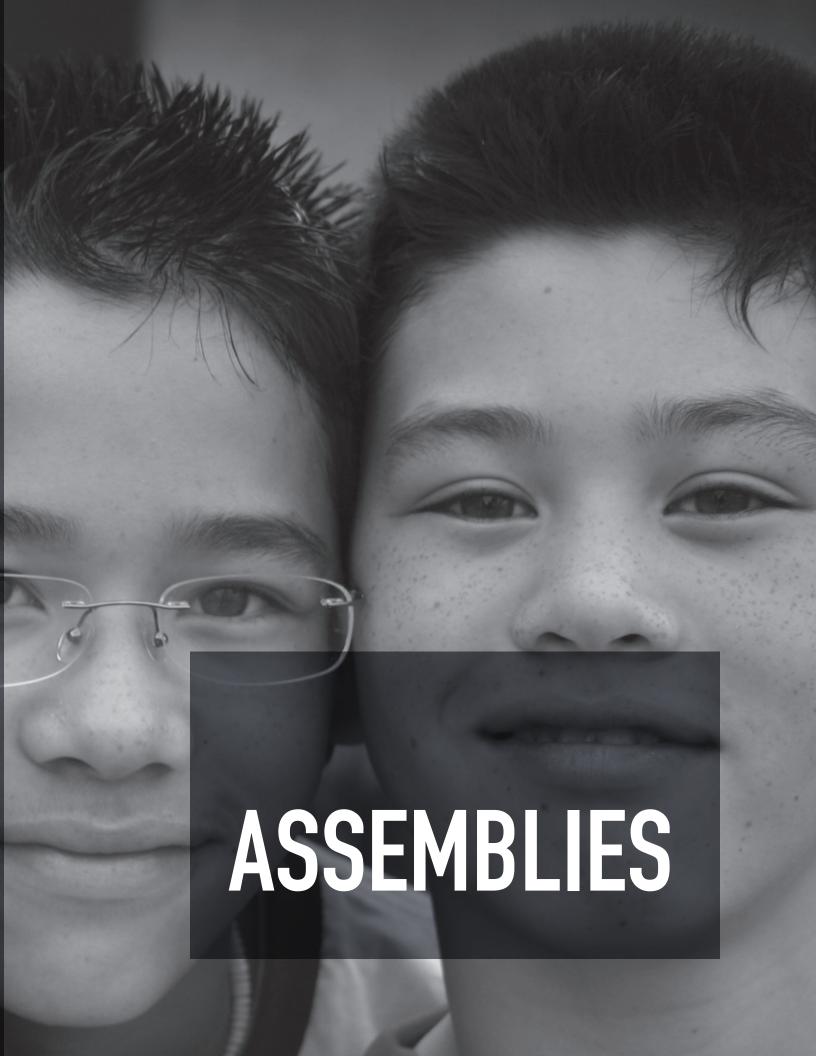
Building HEROES,

(Your name)

NOTES		

THE LIBERS

Foundational Character Traits



I AM AHERO

ASSEMBLY #1

Open: Mascot play The Hero Builder soundtrack.

Everyone loves Superheroes!

Who is your favorite Super HERO?

Super heroes were born to accomplish wonders! And, so were you!

When I was born, the doctor said, "It's a boy". My parents said, "put a D on the end of it." BOYD doesn't mean strength, courage, made of steel. It means yellow hair. What does your name mean? Have you ever thought about it? (Insert personal story or example of your own here)

Super Heroes are born with super powers. Some of the people closest to them wanted their super powers to remain a secret. They feared that when others found out what they could do, everything would change. But, if they kept their super powers a secret, nothing would ever change.

All of us are trying to find the HERO within us! All goes well until someone steps in and pumps us full of doubt! So, we abandon who we are to become who we're not because someone else failed to believe in us. So, we become who we think others will approve of and spend our lives uncomfortable in our own skin.

I want to encourage you to think in a different way! You were created for a reason! You were given unique and special gifts/talents that no one else in the world has, only YOU! If you will do the hard work of discovering those unique and special gifts and use them for the good of others, you will make this world a greater place, indeed!

What do you want to DO for the rest of your life? Most people answer this question by giving answers they have heard others give: doctor, lawyer, baseball player, etc. But, that's what they see you doing for the rest of your life. What do YOU see YOU doing for the rest of your life? That's the answer we need to live into!

Listen – You are not just anyone! You were sent here for a reason! Be proud of who you are and who you are becoming.

- I want to give you permission to become more than what society intended for you...Aspire to something greater!!
- Did you know that Super Heroes are a symbol of HOPE? What is your strength and what do you bring to the world? Every person can be a FORCE for good in the world, no doubt in my mind about it!
- When others believe in you, it is a good thing! But, when you believe in yourself it is a great thing!
- Did you know that there is a HERO in you?
 Absolutely! The HERO in you has been there the whole time! We just have to bring out that HERO that is in YOU! You have to get your HERO on!!
- Do you know what great things you are capable of?
 I want to encourage you to let the HERO in you grow strong for the world to see.
- Do you know your limits? Have others put limits on you? Let us test the limits and see how far we can grow, making the HERO within stronger with every step you take!

- · Why? Because IN TIME, you will accomplish WONDERS!!
- People won't understand what you are capable of and that's okay. Only YOU need to understand what you are capable of and LIVE INTO IT.
- · You can't be somebody else! You were created to be YOU! You are the best person to be YOU! When you lose sight of who you are, it's a long road back to who you were made to be! Be YOU!
- · Believe in You!
- · Choir Time I AM A HERO! (Direct like a choir director).
- · Now, practice believing in yourself daily! When you pass your reflection, stop, look and say, "I AM A HERO!" That's the reflection test.
- · Say to someone in the hallway, "I believe in you, do you believe in you"?
- · Each day, believe a little more in yourself than you did the day before until you reach the day that you believe in yourself so much that it rubs off onto others.

- · At our school, we Build Heroes! Every one of you has a HERO inside. It is our mission to help you discover that HERO. We want you to "Get Your HERO On!" And, keep it on for the world to see!!
- Believe in yourself, and IN TIME, YOU WILL ACCOMPLISH WONDERS!!!

Close: Have students stand to their feet. Then, ask them to put their hand over their hearts. Say together, "There is a HERO in me for the world to see!" Have them move their hand from their heart as if they are releasing the HERO in them for the world to see.

- Introduce The HERO Builder program to your students
- As the students are leaving the assembly, have teachers/ faculty positioned at the exits to look students in the eyes and say, "YOU ARE A HERO".

Play The HERO Builder Theme Song when kids are dismissed from the assembly.

MAKE YOUR STORY COUNT

ASSEMBLY #2

Prior to assembly:

- » Have school get pencils (Be Somebody's HERO pencils) for each student to have one at the beginning of the assembly. Get permission to pass out the pencils from the Administration.
- Get with the Principal and select a student from the different grades 3rd-5th, 6th-8th, 9th-12th that you can get with prior to the assembly to prepare them for brief interviews of 1-2 minutes each. Shoot for 3 students to participate in the interviews.
- Stories can be accompanied with PowerPoint Images. For example: tell a brief story about Nick Vujijic and have his image on the screen as you share a piece of his story. Tell up to 3 stories.

Note about the stories: If you can find great stories from the middle schools and high schools in your community, the better they will connect. If not from one of the schools, there are community leaders (Mayor, Fireman, Policeman, Veterans) that have great stories to tell. If possible, invite the local heroes with

great stories to be interviewed during the assembly. If a middle/high school student can assist you in an elementary school assembly, permission for their participation will be needed.

The Assembly: Be as creative as you like for your assembly. As students enter the gym/auditorium, there could be:

- Mascot for the school working the audience
- » Music playing in background (Example: The HERO Builder theme song available at the HERO store www.theherobuilder.com)
- School band playing while students are seated.
- MC for the assembly

End of Assembly: Faculty (Principal, Assistant Principal, Councilors) are positioned at the exits to connect with students and remind them - "You've got a great story to tell".

WELCOME - How are the (school mascot), today? I know that there are heroes in this room that are a great story in the making. In leading up to your story, I want to tell you about a few great stories I have recently come across.

1. Tell stories of your 1-3 examples. At the end of each one, say, "That's a great story, isn't it? But, do you know what's wrong with that story? It's not yours."

NICK VUJIJIC (research on internet) Story 1:

DONOVAN | Soap Guy from Albuquerque, NM (research on internet) Story 2:

JOSHUA | The boy who opened doors for an entire school (research on internet) Story 3:

- 2. The Tombstone: Everyone gets a tombstone and we get to choose what we want engraved on it. On the tombstone will also be engraved the date we were born and the date we die (whenever that may be). But, in the middle of those two dates is a DASH. The DASH is what matters most. What you choose to do with your life is represented by the DASH. Make your Story Count!
- 3. Student/Community HERO Interviews (for purpose of talking TO the student body, not AT them). Keeping the attention of the audience during these brief interviews will be important.

Questions for the Interviews:

- » What do you want your story to tell others about your PURPOSE?
- » What do you want your story to tell others about your PASSION?
- » What do you want your story to tell others about your POTENTIAL?
- » What does your DASH look like? What unique story will you tell with your life?
- 4. Give the interviewed HEROES a hand (Applause).
- 5. Hero Pencil You have each received or will be receiving a special pencil during the assembly time. It's the pencil that will begin writing the greatest story ever told - YOUR Story! You are the only one who can write your story! Don't give your pencil to someone else to write into your story for you - IT'S YOUR STORY!
 - There is something special about this pencil It has an eraser. We will make mistakes in life. But, mistakes make us masters in life if we learn from them. If there is something about your story that you don't like, erase it, re-write it in the direction of your desires, dreams, passion and purpose. IT'S YOUR STORY! Be patient with yourself as you write it!
- 6. Notice that everyone around you has a pencil, too! And, on their pencils you will notice the same thing that is on yours – AN ERASER! Give them a break! They are writing into their unique story just like you are! Be patient with them as they try and figure out what unique story they want to write with their life. They will do the same for you. Here's a thought - Help them! Encourage them! Empower them to live from the person they were purposed to be. Become the best version of you that you can be - BE YOU! And, challenge others to do the same.
- 7. Speaker, look around the room, and ask a few students their name (Joe, Sally). Joe, you can't write Sally's story. Only she can! Sally, you can't write Joe's story. Only Joe can! Be YOU! Like what you like, think what you think, do what YOU DO! The world will be a lot better when we get busy living from the story our life was meant to tell.
- 8. HERO Journal Encourage them to write in a journal daily their HERO acts, dreams, accomplishments, mistakes in the direction of a solution...
- 9. Close of Assembly: Each one of us has a unique story to tell with our lives. Get busy telling yours!

CELEBRATE THE HERO WITHIN

ASSEMBLY #3

Create HERO Award template - Everyone gets one.

Prior to Assembly - One month prior to this assembly, classes nominate a classmate to be recognized as a HERO. Nomination form - Name of student/What makes them stand out as a HERO in your class?

Purpose of this Assembly - Celebrate all kids as HEROES

Script

- » This year we have been developing character traits to bring out the HERO in you!
- Your teacher has a HERO Award (certificate) for each of you as a way to celebrate the HERO that you are! You will receive your HERO Award (certificate) in your classroom.

Recognition of HERO Builders

We want to recognize a few (school mascot) HEROES. Some are fellow students, teachers and faculty members.

Examples are:

- » A student who is consistent in character traits it's who they are
- » A student who has shown improvements despite their challenging circumstances.
- » A staff member who does UNSUNG HERO stuff -Custodian, Nurse, Secretary, etc.
- A teacher who is a seasoned member of the team.
- A teacher who is a NEW member of the team.

HERO Speaker: Guest speaker is one of the school's own students. A teacher can help the student develop their speech. The goal is to put together a 5-7 minute motivational speech.

Ideas for speech:

- 1. The most important characteristic of a HERO to me is...
- 2. A HERO story or quote that is special to you.
- 3. You get to write the greatest HERO story of all time -YOURS. What will your story look like? How you will be remembered depends on how you live your HERO story.

Examples for speaker selection:

- 1. Elementary School 5th grade student
- 2. Middle School 8th grade student
- 3. High School 12th grade student (other than valedictorian)

Summarize the past year of "The HERO Builder" character traits (can use video highlights, etc.)

Challenge students to keep building the HERO within and be somebody's hero through the summer months. HEROES DON'T GO ON VACATION! Encourage those entering a new chapter or new grade to take with them the characteristics of a HERO and continue building on them.

Close of Assembly:

Teachers, HERO speaker, school mascot are giving HERO High-Fives to students and encouraging them to "Be Somebody's HERO"...

Music: Front and back of assembly. Consider playing The HERO Builder theme song which can be found at www.TheHeroBuilder.com

Mascot - Has a presence during the assemblies start and/or finish.

APPENDIX THE HERO BUILDER | 125

(SCHOOL)

THIS CERTIFIES THAT

HAS SUCCESSFULLY COMPLETED THE HERO BUILDER PROGRAM AND HAS MODELED CHARACTERISTICS OF A HERO.

OTO GROUP OTO GROUP





PRINCIPAL

DATE

PHOTO & VIDEO RELEASE FORM

The undersigned enters into	the following agreement with	I have been
informed that	is capturing footage and tha	t my name, likeness,
image, voice, appearance and which I appear.	or performance is being recorded and made	part of the recording in
I grant	and its designees the right use the Pr	oduct in any format,
-	d. I grant, without limitation, the right to edit,	-
	e or in parts as Boyd Hamlin may elect. Boyd in the Product, including copyright interests.	Hamlin or its designees
I grant	and its designees the right to bro	adcast, exhibit, market
	Product, in whole or in parts, and alone or with	
purpose	or its designees determine. Thi	s grant includes the
right to use Product for prom		
I have the right to enter into Ag	reement and am not restricted by age or by comr	nitments to third parties.
	has no financial commitment or obligat:	ions to
	as a result of the Agreement.	
	ve, I hereby acknowledge receipt of reasonable	
	I have read, understand and agree	
that the rights granted	herein are perpetual a	and worldwide.
Print Name		
Signature	Date _	
	e of 18, legal guardian must sign below. I certif l above. I give my consent to the forgoing on h	
Print Name		
Signature	Date	

HERO BOWL INSTRUCTION CARD

Fill this bowl/cup with goodies and pass it on to another hero on your team. Include a personalized note letting them know why they are a hero to you! Sign your name.

What goes in a HERO bowl:

Hero cup/mug, superhero figurine, candy, popcorn, superhero movie, a note expressing why that person is a hero to you and a copy of the HERO Bowl instructions.

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Additional ideas that have come from teachers as a result of implementing THE HERO BUILDER program:

• **HERO Book** What if your school selected students to participate in an art project? Each

student is assigned one of the HERO ACTION WORDS to illustrate with art. For example: On the page is the phrase – A HERO is 'Respectful' to others! The student draws what being respectful to others looks like to them. When all Character Traits of a HERO are drawn, they can be put in book form for your school to enjoy (like the yearbook they receive). This may be a good fund-raiser project for your students to participate in. Con-

tact us via www.TheHeroBuilder.com for assistance.

• **HERO Bench** When a student needs a word of encouragement, they go to the HERO

bench where another student provides encouragement, help, etc.

• **HERO of the Day**Teachers appoint student leaders in their class to select HERO of the day

(all kids have a hero in them to be celebrated).

• **HERO of the Day** Staff and Students – To be announced over the school PA.

• HERO Action Words Announced over the PA weekly

• **HERO Cape** Assistant Principal at an Elementary School made capes for all the Education

Assistants and knighted them with the cape in a session. Every Friday, they have the option of wearing their capes to keep "The HERO Builder"

top of mind.

• **HERO Journal** The Hero Builder Journal Page to track HERO Growth

Where can your

CREATIVITY
take The Hero Builder
program for your school?

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Foundational Character Traits

About the AUTHOR



BOYD HAMLIN

Boyd Hamlin has been a HERO Builder for more than 25 years. Boyd is dedicated to helping people build on their dream, optimize their influence, say yes to their potential, and develop the discipline to get to where they want to go. As an author and speaker, Boyd's desire is that the HERO Builder encourages, equips and empowers students, teachers, and parents to be somebody's HERO.

HE LIERO BUILDER

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