



Hero Action **CARDS**

HERO ACTION CARDS

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

THE
HERO
BUILDER

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.

H

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

HUSTLE**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!

E

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 them.**

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 better
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)

R

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

O

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

E

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

S

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

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

HERO ACTION CARD



HONEST

Tell the truth.

ACTION ITEMS

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

HERO

ACTION CARD



HUMBLE

Think more of others than of yourself.

ACTION ITEMS

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

HERO

ACTION 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.

ACTION ITEMS

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

HERO

ACTION CARD



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.

ACTION ITEMS

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

HERO

ACTION 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.

ACTION ITEMS

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

HERO ACTION CARD



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



EQUIP

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.

ACTION ITEMS

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

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ACTION CARD



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.

ACTION ITEMS

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

HERO ACTION CARD



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
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RISK

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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

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ACTION CARD



REASONABLE

Meet in the middle and come to an agreement.

ACTION ITEMS

1. Work on agreeing with others the best you can
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EXTRAORDINARY

I will do what is required, and then some!

ACTION ITEMS

1. *Give it 5 more minutes AND then some*
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STRONG

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ACTION ITEMS

1. Flavor your comments with kindness
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SILENT

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

ACTION ITEMS

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