# THE HEBARDO

# Foundational Character Traits

# video SCRIPTS

# 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? 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 generous, that's what (school mascot) do!

# EDUCATED

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!

# 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.

# HEAR WITH EARS

The Hero action words are "Hear with your ears and your heart". 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.

# 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!

# HARMONIZE

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!

# 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.

# RELIANT

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

The Hero action word is "resilient". Don't let yourself be discouraged. If you make a mistake, that's ok! Mistakes are ways we can figure out how to do it better next time. Sometimes you win, sometimes your learn. Don't let the little things get you down. If you feel defeated, take a deep breath, and try again. Never give up! Did you know Thomas Edison failed over 10,000 times when he was trying to invent the light bulb? Good thing he didn't give up, or you would be sitting in the dark!

# 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

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! Let's all get 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

The Hero Action Word is "eager"! I can't wait...for the party! For the pizza to get here! For recess! That's eager! I want to challenge you to look at growth the same way. It means you can't wait to learn more, to get better at a subject or take the test! Whaaaaaat? To be eager means you can't wait for it to happen! So, while we are waiting, let's prepare for what is coming. I can't wait to get better – I hope you are as eager as I am.

### EMPATHY

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 with others! If someone is happy, be happy with them. If someone is sad, be sad with them. Empathy helps us meet others where they are. I am excited about being a (school mascot)! I hope you feel the same.

# 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! 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". Mean what you say and say what you mean flavored with sincerity. Be sincere, FOR REAL, that's the DEAL!

# SILENT

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
The Hero Builder.com

