

AMERICAN  HERITAGE

WORLDWIDE

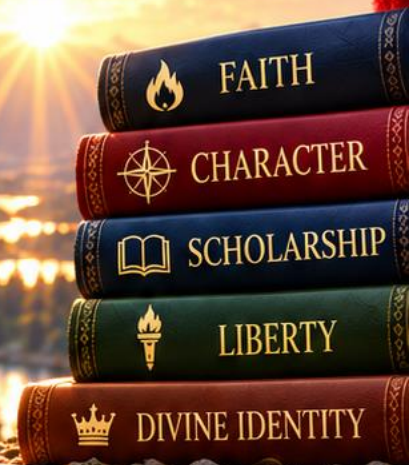
CHARACTER > SCHOLARSHIP > LIBERTY

MASTER PROJECT

STUDENT WORKBOOK

— GRADES 3–5 —

*Modern US Heroes.
Disciple Leaders.*



*"Become more useful
in the Hands of the Lord
in building the Kingdom
of God on Earth."
— AHS Mission Statement*

*Inspiring minds through transformational
teaching and learning in the light of the restored gospel.*

Welcome to your Master Project!

This year you will come to know the Master, Jesus Christ. You will do this by learning about a hero who showed qualities that follow His example. Each step in this workbook takes about 15–20 minutes and helps you make one page of your Master Project Notebook. Do the steps in order. Keep each finished page in the right part of your binder.

Pray as you learn about your hero, do your best work, and get ready to share what you learned. As you do, you will come closer to your Savior. You will want to help His work move forward all your life. You will become “more useful in the Hands of the Lord in building the Kingdom of God on Earth” (AHS Mission Statement).

A note for parents: Younger scholars may need help finding sources, reading, and typing. Talk together about what they learn, and let your scholar do the thinking and writing in their own words.

Materials You Will Need

Gather these before you begin	
☐ 3-ring binder (1–1½ inch is ideal)	☐ Printer and printer paper
☐ Heavy paper (cardstock) for the cover, spine label, and dividers	☐ A computer with internet
☐ Clear plastic page protectors	☐ A phone or camera for photos and videos
☐ A notebook for your notes	☐ Sticky notes to mark pages (if you want them)
☐ Pens, pencils, and highlighters	☐ Supplies for your Creative Tribute (you will choose in Step 25)

Printing the workbook	Typing on a computer
• Print on one side of the paper only. • Fill in each page in your best handwriting.	• Click inside any box to type your answer. • The boxes get bigger as you type.

What's inside (Steps 1–32)

Phase	Steps	Pages
Launch	1–4	Read the Hero Bios, Explore Heroes, Choose Your Hero, Notebook Cover and Dividers
Research	5–11	Hero Notes, Timeline, My Sources, Tell It Back
Reason	12–17	Character Chart, Christlike Attribute, Favorite Story, Most Important Truths, Cause of Christ
Relate	18–22	Favorite Quotes, An Attribute I Will Develop, Service Plan, Service Log
Record	23–30	Service Report, Memorization, Creative Tribute, Me and the Cause of Christ, How Have I Improved, Dedication, Table of Contents
Present	31–32	Prepare Your Presentation, Presentation Tips

Read the Hero Bios

About 15–20 minutes

Goal: Meet the heroes you could learn about this year.

What to do

1. Read each hero's short story on the following pages and think about which are the most interesting to you.
2. Add the names of a few who are the most interesting to you, below.

THINK ABOUT: Which heroes were kind, brave, or like Jesus? • Whose story do you want to hear more about?

- ☐ I read the first page. ☐ I read every hero's story.

Heroes I Like	
#	Hero
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Master Project Hero List

American Heritage Worldwide · Grades 3–5

Choose a modern American hero you would like to know better. Your hero should be someone whose example can help you come closer to Jesus Christ. Read the short stories below with a parent. Pick two heroes you like, and talk about them together before you choose one.

This list does not have every hero. You may choose another hero or ancestor who is not on the list but who lived during this same time period. If you do, ask your Coach. Your hero should be someone whose life demonstrated service, love, courage, faith, integrity, or other Christlike quality, and whose example and actions help others to better follow Jesus Christ. You must also be able to learn about them from books, articles, family stories, or talking to people who knew them.

Heroes with a ★ are also in this year's history class. Parents: Some of these heroes lived through war and cruelty. Please read those stories together with your child.

Heroes at a glance

Category	Heroes
Latter-day Saint Leaders and Missionaries	Willard Bean, Ezra Taft Benson, Henry B. Eyring, Heber J. Grant, Gordon B. Hinckley, Marjorie Pay Hinckley, Camilla Eyring Kimball, Spencer W. Kimball, Neal A. Maxwell, Thomas S. Monson, Russell M. Nelson, Dallin H. Oaks, ★ Boyd K. Packer, LeGrand Richards, N. Eldon Tanner
Faith Leaders, Writers, and Artists	Pope John Paul II, ★ Emma Lazarus, C. S. Lewis, Eric Liddell, ★ Fred Rogers, Minerva Teichert, ★ Mother Teresa
World War II	Roddie Edmonds, Anne Frank, Oskar Schindler, Irena Sendler, ★ Corrie ten Boom, Raoul Wallenberg, ★ Nicholas Winton, Desmond Doss, Fred Korematsu, Douglas MacArthur, Kitty de Ruyster-Bons
The Cold War, Korea, and Vietnam	★ Russell Blaisdell and Merle Strang, ★ Gail Halvorsen, ★ Ji-li Jiang, ★ Samantha Smith, Hugh Thompson Jr., Lech Wałęsa
The Civil Rights Movement	★ Ruby Bridges, Claudette Colvin, Fannie Lou Hamer, ★ Barbara Henry, ★ Martin Luther King Jr., John Lewis, The Little Rock Nine, Thurgood Marshall, ★ Rosa Parks, Jackie Robinson
Sports and Friendship	★ Luz Long, ★ Jesse Owens
Education, Giving, and Overcoming Adversity	★ Milton Hershey, Helen Keller, Annie Sullivan, Booker T. Washington
Science, Space, and Medicine	★ Norman Borlaug, Ben Carson, George Washington Carver, ★ Katherine Johnson, Frances Oldham Kelsey, ★ Jonas Salk, Nikola Tesla
Modern-Day Courage	Welles Crowther, Stephanie Nielson

Latter-day Saint Leaders and Missionaries

Willard Bean (1868–1949)

Willard Bean was a boxing champion known as the “Fighting Parson.” He and his wife, Rebecca, were called to live on the Joseph Smith farm in New York. Their neighbors were unkind at first, but the Beans answered with kindness for more than 20 years. Willard also helped the Church buy the Hill Cumorah.

Ezra Taft Benson (1899–1994)

Ezra Taft Benson grew up on a farm in Idaho. He learned all about farming and later helped lead farming for the whole country. As the 13th President of the Church, he asked members to read the Book of Mormon every day.

Henry B. Eyring (born 1933)

Henry B. Eyring was a teacher and a college president. He became an apostle, a special witness of Jesus Christ, in 1995. He is known for his gentle teaching and for asking us to look for God’s hand in our lives each day.

Heber J. Grant (1856–1945)

Heber J. Grant’s father died when he was a baby, and his family was poor. He worked hard and became a good businessman. As the 7th President of the Church, he helped start a Church program to care for people in need.

Gordon B. Hinckley (1910–2008)

Gordon B. Hinckley served a mission in England. Later he helped the Church share the gospel on radio and in films. As the 15th President of the Church, he built temples all over the world. He was known for his cheerful faith that “things will work out.”

Marjorie Pay Hinckley (1911–2004)

Marjorie Pay Hinckley was the wife of President Gordon B. Hinckley and the mother of five children. She traveled the world with her husband. Everywhere she went, she lifted others with her cheerful spirit, humor, and faith.

Camilla Eyring Kimball (1894–1987)

Camilla Eyring Kimball was born in Mexico. When she was a girl, her family had to flee from a war there. She became a teacher, married Spencer W. Kimball, and loved learning her whole life.

Spencer W. Kimball (1895–1985)

Spencer W. Kimball grew up in Arizona and faced many health problems. One illness left him with a soft, raspy voice. As the 12th President of the Church, he told members to “lengthen your stride” and sent missionaries all over the world.

Neal A. Maxwell (1926–2004)

Neal A. Maxwell was a soldier in World War II and later a leader in education. As an apostle, he gave wise talks about following Jesus. During a long illness, he showed others how to face trials with faith.

Thomas S. Monson (1927–2018)

Thomas S. Monson became a bishop when he was only 22. He cared for more than 80 widows in his ward. As the 16th President of the Church, he taught us to follow the Spirit and to help people who are lonely or sick.

Russell M. Nelson (1924–2025)

Russell M. Nelson was a heart doctor. He helped invent a machine that doctors use when they fix hearts. As the 17th President of the Church, he taught members to hear the Savior and let God lead their lives.

Dallin H. Oaks (born 1932)

Dallin H. Oaks lost his father when he was seven years old. He grew up to become a lawyer, a judge, and the president of BYU. In 2025 he became the 18th President of the Church.

★ Boyd K. Packer (1924–2015)

Boyd K. Packer grew up in Utah and flew airplanes in World War II. He became a teacher and later an apostle. He loved to carve and paint birds, and he taught that good music and prayer can chase away bad thoughts.

LeGrand Richards (1886–1983)

LeGrand Richards loved missionary work. He wrote a book that helped missionaries teach the gospel all over the world. As an apostle, he was known for his joy and humor, and he kept sharing the gospel into his 90s.

N. Eldon Tanner (1898–1982)

N. Eldon Tanner was a teacher, businessman, and government leader in Canada. Later he became a top leader in the Church. He was so honest that people called him “Mr. Integrity.”

Faith Leaders, Writers, and Artists

Pope John Paul II (1920–2005)

Pope John Paul II grew up in Poland and became the leader of the Catholic Church in 1978. He helped the people of Poland stand up for faith and freedom without fighting. When a man tried to kill him, he visited the man in prison and forgave him.

★ Emma Lazarus (1849–1887)

Emma Lazarus was a poet from New York City. She helped Jewish people who came to America with nothing. She wrote a poem that is now on the Statue of Liberty. It welcomes people who come to America looking for freedom.

C. S. Lewis (1898–1963)

C. S. Lewis was a teacher in England who came back to faith in Jesus Christ as an adult. He wrote *The Chronicles of Narnia*. His books have helped millions of people understand and love the Savior.

Eric Liddell (1902–1945)

Eric Liddell was a fast runner from Scotland. At the 1924 Olympics, he would not race on Sunday because he wanted to keep the Sabbath day holy. He won a gold medal in a different race. Later he served as a missionary in China, caring for others to the end of his life.

★ Fred Rogers (1928–2003)

Fred Rogers was a minister who made a TV show for children called *Mister Rogers' Neighborhood*. For more than 30 years, he taught children that they are special and loved just the way they are. He showed kindness to everyone he met.

Minerva Teichert (1888–1976)

Minerva Teichert was an artist who raised her family on a ranch in Wyoming. She painted hundreds of pictures of scripture stories and pioneers. Many of her paintings show stories from the Book of Mormon.

★ Mother Teresa (1910–1997)

Mother Teresa was a Catholic nun who spent her life serving the poorest people in India. She cared for the sick and the homeless. She taught that we can do “small things with great love.”

World War II

Rescuers and Victims of the Holocaust

Roddie Edmonds (1919–1985)

Roddie Edmonds was an American soldier who was captured during World War II. The enemy wanted to find the Jewish soldiers. Roddie had all his men stand together and said, “We are all Jews here.” His courage saved about 200 lives.

Anne Frank (1929–1945)

Anne Frank was a Jewish girl who hid with her family in a secret room for two years during World War II. She kept a diary that shows her hope and courage. Millions of people still read it today.

Oskar Schindler (1908–1974)

Oskar Schindler was a German businessman during World War II. He came to care about the Jewish people who worked in his factories. He spent all his money to keep about 1,200 of them safe.

Irena Sendler (1910–2008)

Irena Sendler was a woman in Poland who helped families in need during World War II. She secretly helped about 2,500 Jewish children escape to safety. She hid their real names in jars so they could find their families later.

★ Corrie ten Boom (1892–1983)

Corrie ten Boom’s family hid Jewish people in a secret room in their home in the Netherlands during World War II. After the war, Corrie traveled the world. She taught people about God’s love and the power of forgiveness.

Raoul Wallenberg (1912–c. 1947)

Raoul Wallenberg was a leader from Sweden who went to Hungary in 1944. He gave Jewish people special papers and safe places to stay. He saved tens of thousands of lives.

★ Nicholas Winton (1909–2015)

Nicholas Winton was a young man from England. Before World War II, he set up trains that carried 669 children, most of them Jewish, from danger to safe homes in England. He did not tell anyone for about 50 years, until his wife found his old scrapbook.

Soldiers, Survivors, and the Home Front

Desmond Doss (1919–2006)

Desmond Doss was an army medic, a soldier who cares for the hurt, who would not carry a gun because of his faith. During a battle in 1945, he rescued about 75 hurt soldiers. As he worked, he prayed, “Lord, please help me get one more.”

Fred Korematsu (1919–2005)

Fred Korematsu was a Japanese American. During World War II, he refused an unfair order to go to a prison camp. He never stopped believing the order was wrong, and years later a court agreed with him.

Douglas MacArthur (1880–1964)

Douglas MacArthur was an American general in World War II. After the war, he helped Japan rebuild with a government based on freedom. He also asked for missionaries and Bibles to be sent to Japan.

Kitty de Ruyter-Bons (born 1930s)

As a young girl during World War II, Kitty de Ruyter-Bons spent more than three years in a prison camp. Her mother taught her to choose love instead of hate. Later Kitty joined the Church and shared her story of faith and forgiveness.

The Cold War, Korea, and Vietnam

★ Russell Blaisdell and Merle Strang (1950)

Russell Blaisdell was a chaplain, a pastor for soldiers, and Merle Strang was a soldier in the U.S. Air Force. During the Korean War, they worked to save about 1,000 children who had no parents. They found airplanes to fly the children to a safe island.

★ Gail Halvorsen (1920–2022)

Gail Halvorsen was a Latter-day Saint pilot from Utah. In 1948 he flew food to the hungry people of Berlin. He also dropped candy to children on tiny parachutes, so they called him the “Candy Bomber.”

★ Ji-li Jiang (born 1954)

Ji-li Jiang grew up in China. When she was 12, the leaders of her country began to treat families like hers cruelly. She chose to stay loyal to her family. Later she moved to America and wrote a book about her life called Red Scarf Girl.

★ Samantha Smith (1972–1985)

When Samantha Smith was 10 years old, she wrote a letter to the leader of the Soviet Union. She asked him not to start a war. He wrote back and invited her to visit, and she became known as America’s youngest ambassador for peace.

Hugh Thompson Jr. (1943–2006)

Hugh Thompson Jr. was an army helicopter pilot during the Vietnam War. One day he saw people in a village in danger who had done nothing wrong. He landed his helicopter to protect them and helped save women, children, and old people.

Lech Wałęsa (born 1943)

Lech Wałęsa worked at a shipyard in Poland. He led workers in standing up for freedom without fighting, and his faith gave him courage. Later he became Poland’s president.

The Civil Rights Movement

★ Ruby Bridges (born 1954)

When she was six years old, Ruby Bridges became the first Black student at an all-white school in New Orleans. Every day she walked past angry crowds. She prayed for God to forgive them.

Claudette Colvin (1939–2026)

When she was 15 years old, Claudette Colvin refused to give up her bus seat in Montgomery, Alabama. She did this nine months before Rosa Parks. Her courage helped end unfair bus rules in her city.

Fannie Lou Hamer (1917–1977)

Fannie Lou Hamer worked hard to help Black citizens in Mississippi win the right to vote. She often sang “This Little Light of Mine” to give others courage. Her faith helped her forgive people who hurt her.

★ Barbara Henry (born 1932)

Barbara Henry was a teacher from Boston. In 1960 she was the only teacher willing to teach Ruby Bridges at her new school. For a whole year, she taught Ruby all by herself in an empty classroom, and they became lifelong friends.

★ Martin Luther King Jr. (1929–1968)

Martin Luther King Jr. was a minister who led the fight for equal rights in America. He followed the teachings of Jesus Christ by using love and peace instead of hate. His “I Have a Dream” speech inspired the nation.

John Lewis (1940–2020)

As a boy on a farm in Alabama, John Lewis practiced preaching to his family’s chickens. He grew up to march for equal rights without fighting. Later he served in Congress for more than 30 years.

The Little Rock Nine (1957)

The Little Rock Nine were nine Black teenagers who started at an all-white high school in Arkansas in 1957. They faced angry crowds every day. Their quiet courage opened school doors for others.

Thurgood Marshall (1908–1993)

Thurgood Marshall was a lawyer who won a famous case that ended separate schools for Black and white children. In 1967 he became the first Black judge on the U.S. Supreme Court, the highest court in America.

★ Rosa Parks (1913–2005)

Rosa Parks sewed clothes for a living and was a faithful church member in Montgomery, Alabama. In 1955 she refused to give up her bus seat. She said her faith in God gave her the strength to stand up for what was right.

Jackie Robinson (1919–1972)

In 1947, Jackie Robinson became the first Black player in modern Major League Baseball. People insulted him, but he kept his promise not to fight back. His faith in God gave him strength.

Sports and Friendship

★ Luz Long (1913–1943)

Luz Long was a long jumper from Germany. At the 1936 Olympics, he became friends with Jesse Owens even though the leaders of his country did not want him to. He helped Jesse and was the first to cheer when Jesse won.

★ Jesse Owens (1913–1980)

Jesse Owens was a fast runner whose grandparents had been slaves. At the 1936 Olympics in Germany, he won four gold medals. He showed the world that people of every race can do great things.

Education, Giving, and Overcoming Adversity

★ Milton Hershey (1857–1945)

Milton Hershey failed at business many times before he started a chocolate company that worked. He built a town for his workers with parks and schools. He and his wife started a school for children without parents and gave it their money.

Helen Keller (1880–1968)

Helen Keller could not see or hear after an illness when she was a baby. Her teacher, Annie Sullivan, helped her learn to read, write, and speak. Helen spent her life helping others.

Annie Sullivan (1866–1936)

Annie Sullivan grew up poor and nearly blind. She became Helen Keller's teacher. She patiently taught Helen to talk by spelling words into her hand.

Booker T. Washington (1856–1915)

Booker T. Washington was born into slavery. As a boy he worked hard and taught himself to read. He started a school in Alabama where thousands of Black students got an education.

Science, Space, and Medicine

★ Norman Borlaug (1914–2009)

Norman Borlaug grew up on a farm in Iowa. He became a scientist and found ways to grow much more wheat for food. His work helped save many millions of people around the world from going hungry.

Ben Carson (born 1951)

Ben Carson grew up poor in Detroit. His mother pushed him to read and learn. He became a famous brain surgeon, and he thanks God and his mother for his success.

George Washington Carver (c. 1864–1943)

George Washington Carver was born into slavery and worked hard to become a scientist. He found hundreds of uses for peanuts and sweet potatoes to help poor farmers. He believed his ideas came from God.

★ Katherine Johnson (1918–2020)

Katherine Johnson loved to count and do math as a young girl. She worked for NASA and did the math that helped astronauts fly into space and come home safely. The astronaut John Glenn trusted her math so much that he asked her to check the computer's numbers.

Frances Oldham Kelsey (1914–2015)

Frances Oldham Kelsey was a doctor who would not approve a medicine she did not think was safe. Others pressured her, but she stood firm. Her honesty kept thousands of American babies safe.

★ Jonas Salk (1914–1995)

Jonas Salk made the first safe shot to protect people from polio, a sickness that hurt many children. He gave it to the world for free. When asked who owned it, he said, "Could you patent the sun?"

Nikola Tesla (1856–1943)

Nikola Tesla was the son of a priest. He moved to America and became a great inventor. He helped create the kind of electricity that powers our homes today.

Modern-Day Courage

Welles Crowther (1977–2001)

Welles Crowther was a volunteer firefighter who worked in the World Trade Center. On September 11, 2001, he wore a red bandana and led people to safety. He went back again and again to help more people.

Stephanie Nielson (born 1981)

Stephanie Nielson is a mother who was badly burned in a small plane crash in 2008. During her long recovery, she relied on her faith in Jesus Christ and on her family. She shares her story to give others hope.

Explore Heroes

About 15–20 minutes

Goal: Find two heroes you might like to learn about.

What to do

1. Look at the heroes you wrote down in Step 1. Pick the two you like best.
2. Learn a little more about each hero. A parent can help you find a book, story, or video.
3. Fill in one box for each hero. Keep this page for Step 3.

NOTE: Do you want to learn about someone who is not on the list? You may choose a grandparent, great-grandparent, or someone else in your family who lived long ago. Ask your Coach to say yes to your hero.

Hero 1:	
One thing I learned:	
Why I like this hero:	

Hero 2:	
One thing I learned:	
Why I like this hero:	

Choose Your Hero

About 15–20 minutes

Goal: Pray and choose the hero you will learn about this year.

What to do

1. Talk with a parent about your two heroes. Which one can help you come closer to Jesus Christ?
2. Pray about your choice.
3. Write your hero's name below. If your hero is not on the Hero List, ask your Coach to say yes.
4. Write 2–3 sentences about why you chose your hero.

☐ I talked with a parent. ☐ I prayed about my choice.

My Hero:			
On the Hero List?	☐ Yes ☐ No	Coach says yes:	

Sentence starters

- I chose ____ because...
- I want to be more like ____ because...
- I hope learning about ____ will help me...

Why I Chose My Hero *Keep this. You will use it when you share your project.*

Set Up Your Notebook

About 15–20 minutes

Goal: Make the binder that will hold your Master Project.

What to do

1. Get a binder (1–1½ inch works well).
2. Print your cover page, section dividers, and optional spine.
3. Add the cover, four divider pages, and spine to our binder. Use protective plastic holders for added protection.
4. Optional: Decorate each divider with a picture, quote, or design that fits your hero throughout the year.

WHY IT MATTERS: Your binder will hold everything you learn about your hero. Make it something you and your family will love to look at. Choose colors and pictures that fit your hero.

Checklist

- ☐ My cover page is filled in and has a picture of my hero.
- ☐ My spine label is filled in (if I chose to make one).
- ☐ My four dividers are in order and decorated.
- ☐ My Step 2 and Step 3 pages are at the front of my binder.

Part	What goes in it	Steps
Front	Cover, Dedication, Table of Contents, Read the Hero Bios, Explore Heroes, Choose Your Hero	1–4, 30
Research	Hero Notes, Timeline, My Sources, Tell It Back sign-off	5–11
Reason	Character Chart, Christlike Attribute, Favorite Story, Most Important Truths, How My Hero Moved Forward the Cause of Christ	12–17
Relate	Favorite Quotes, Attribute Goal, Service Plan	18–22
Record	Service Report, Memorization, Creative Tribute, Me and the Cause of Christ, How Have I Improved	23–29

Master Project

Research · Reason · Relate · Record

Picture of my hero

My Hero

Scholar Name

School Year

Spine Labels (Optional, if you want one)

1-inch Binders			1½-inch Binders			2-inch Binders		
MASTER PROJECT			MASTER PROJECT			MASTER PROJECT		
My Hero			My Hero			My Hero		
Scholar Name			Scholar Name			Scholar Name		
Year			Year			Year		

RESEARCH

Gather what you learn about your hero.

Research means reading, watching, and listening carefully. Then you write down what you learn and where you learned it.

In this section

- Hero Notes (Steps 5–8)
- My Sources (Step 10)
- Timeline (Step 9)
- Tell It Back sign-off (Step 11)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

REASON

Think about who your hero was.

Reason means thinking hard about your hero's heart. You look at the good qualities inside them and the lessons their life teaches.

In this section

- Character Chart (Steps 12–13)
- My Hero's Christlike Attribute (Step 14)
- Favorite Story (Step 15)
- Most Important Truths (Step 16)
- How My Hero Moved Forward the Cause of Christ (Step 17)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

RELATE

Let your hero's life help your own life.

Relate means asking, “What can I learn from my hero?” Then you choose to follow their good example.

In this section

- Favorite Quotes (Steps 18–19)
- Service Plan (Steps 21–22)
- An Attribute I Will Develop (Step 20)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

RECORD

Write what you learned on your heart.

Record means saving what you learned so you will remember it in your heart and mind for a long, long time.

In this section

- Service Report (Step 23)
- Memorization (Step 24)
- Creative Tribute (Steps 25–27)
- Me and the Cause of Christ (Step 28)
- How Have I Improved (Step 29)

Decorate this space at any time throughout your project with a picture, quote, or design that fits your hero.

Research 1: Early Life and Family

About 15–20 minutes

Goal: Learn about your hero as a child.

What to do

1. Research in a book, article, video, or family record about your hero's childhood and early years. **A parent may need to help you.**
2. Read it or watch it. Then fill in your notes below.

THINK ABOUT: Where and when was your hero born? • What was their family like? • What happened when they were young?

Hero Notes	
Something interesting or fun that I learned about my hero:	
Did you learn anything about how your hero was like Jesus when they were young? If so, write it here.	
Did you learn about a good quality your hero had and how they showed it when they were young?	

Research 2: Trials and Turning Points

About 15–20 minutes

Goal: Learn how your hero was strong during a hard time.

What to do

1. Research in a book, article, video, or family record about a hard time in your hero's life. **A parent may need to help you.**
2. Read it or watch it. Then fill in your notes below.

A Hard Time	
Something hard or sad that happened to my hero	What my hero did

Faith During Hard Times	
What helped my hero be strong?	
A good quality my hero showed:	

Research 3: Life's Great Work

Goal: Learn about the great things your hero did to help others.

What to do

1. Research in a book, article, video, or family record about something inspiring that your hero did during their life. **A parent may need to help you.**
2. Read it or watch it. Then fill in your notes below.

My Hero's Great Work	
Something inspiring my hero did	Who it helped and how

The Heart Behind It	
How my hero kept going when it was hard:	
Why my hero did this work:	

Research 4: Faith and Legacy

About 15–20 minutes

Goal: Learn about your hero's faith and how people remember them.

What to do

1. Research in a book, article, video, or family record about a time when your hero displayed great faith.
A parent may need to help you.
2. Read it or watch it. Then fill in your notes below.

WHAT IS A LEGACY? A legacy is the good that a person leaves behind for others after they are gone.

My Hero's Faith

How my hero loved and trusted God:

Helping Others as Jesus Would

Something my hero did

How it helped people come to Jesus

My Hero's Legacy

The good my hero left behind:

Build Your Timeline

About 15–20 minutes

Goal: See your hero's whole life from beginning to end.

What to do

1. Look back at your Hero Notes from Steps 5–8.
2. Pick 4 big events in your hero's life. Write them in order, from first to last.
3. For each event, write a few words about why it was important.
4. Complete 2 today (step 9) and 2 tomorrow (for step 10)

TIP: Pick events that changed your hero's life, like a hard time or a big choice.

My Hero's Timeline			
#	Year	What happened	Why it was important
1			
2			
3			
4			

Tell It Back

About 15–20 minutes

Goal: Tell your hero's story in your own words.

What to do

1. Look at your timeline from Step 9 & 10. Plan your story below.
2. Practice once by yourself.
3. Tell your hero's story out loud to a parent, brother or sister, or friend. Take about 1 minute.
4. Ask your listener to fill in the box at the bottom.

TIP: Tell it like a story. Look at your listener. Use your plan only to remember what comes next.

My story tells

- ☐ Where and when my hero was born
- ☐ Big events from my timeline
- ☐ How my hero helped people come to Jesus

My Story Plan	
Beginning:	
Middle:	
End:	

Listener Sign-Off			
Listener name:		Signature:	
One thing the student did well:			

Character Chart, Part 1

About 15–20 minutes

Goal: See how your hero's heart led to the good things they did.

What to do

1. Now you will learn about your hero's heart. Look at your Hero Notes (Steps 5–8).
2. LEFT side: write a good quality your hero had inside, like faith, courage, or kindness.
3. RIGHT side: write something your hero said or did that shows that quality. Tell where you found it.

INTERNAL means inside: who my hero was in their heart	EXTERNAL means outside: what others could see
• What they believed and loved • Their faith in God • Good qualities, like courage or kindness	• What they said and did • Choices they made • How they helped others

What is inside a person leads to what they say and do. The arrow shows this.

EXAMPLE

INTERNAL (inside) →	EXTERNAL (outside)
<i>Ruby Bridges had strong faith in God and love for others, even people who were mean to her.</i>	<i>Every day she walked past angry crowds on her way to school. She prayed that God would forgive them (The Story of Ruby Bridges, by Robert Coles).</i>

INTERNAL (inside) →	EXTERNAL (outside)
1.	
2.	

Character Chart, Part 2

About 15–20 minutes

Goal: Tell how your hero's good qualities helped them do great things.

What to do

1. Look at the two good qualities on your Step 12 Character Chart.
2. Tell how these qualities helped your hero do the great things they did.
3. Think: What if your hero had not chosen to be like Jesus?
4. Write what your hero teaches you about choosing the right without being asked.

How My Hero's Good Qualities Helped Them or Others

What If? *How would things be different if my hero had not chosen to be like Jesus during a hard time?*

SELF-GOVERNMENT means doing what is right without anyone telling us or reminding us. Sentence starters:

- My hero chose the right when...
- To choose the right, I will...

What My Hero Teaches Me About Choosing the Right Without Being Asked

My Hero's Christlike Attribute

About 15–20 minutes

Goal: See how your hero was like Jesus.

What to do

1. Look at your Character Chart. Choose the one Christlike attribute that fits your hero best.
2. With a parent, find a scripture or quote that shows Jesus with that same attribute.
3. Write 2–3 sentences about how your hero and Jesus both show this attribute.

WHAT IS A CHRISTLIKE ATTRIBUTE? It is a good quality that Jesus has, like love, faith, kindness, or courage.

WHERE TO LOOK: Look up the word in the Topical Guide in Gospel Library, or ask a parent to help you find a verse.

My Hero's Attribute and Jesus's Example

Attribute:		Scripture or quote:	
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Sentence starters

- Like Jesus, my hero showed ____ when...
- This scripture teaches me that Jesus...

How My Hero Lived Like Jesus

Favorite Story

About 15–20 minutes

Goal: Tell your favorite story about your hero.

What to do

1. Look at your Hero Notes. Choose your favorite story about your hero.
2. Tell the story in your own words (3–5 sentences).
3. Tell why this story is special to you.

About the Story

Story title:

The Story in My Own Words

Why This Story Is Special

Why it is special to me:

Most Important Truths

About 15–20 minutes

Goal: Find the lessons your hero's life teaches.

What to do

1. Look back at your Hero Notes, Character Chart, and Favorite Story.
2. Find two truths your hero's life teaches.
3. Write each truth as a full sentence. Then tell where you saw it in your hero's life.

WHAT IS A TRUTH? A truth is a lesson that is true for everyone, not just for your hero. Here is one from Corrie ten Boom's life: "When we forgive others, the Lord can heal our hearts."

Truths I Learned From My Hero		
#	The truth	Where I saw it in my hero's life
1		
2		

How My Hero Moved Forward the Cause of Christ

About 15–20 minutes

Goal: Tell how your hero helped to do the Lord's work.

What to do

1. Look at your Hero Notes from Step 8 (Faith and Legacy).
2. Write 3–4 sentences. Use the sentence starters to help you.

WHAT IS THE CAUSE OF CHRIST? It is the work of helping people come to Jesus. We do this when we live and teach His truth, serve others like He did, stand for what is right, and help others feel His love.

Sentence starters

- My hero helped move forward the Cause of Christ by...
- For example, my hero...
- Because of my hero, people today...

How My Hero Helped to Do the Lord's Work

Favorite Quotes, Part 1

About 15–20 minutes

Goal: Find words from or about your hero that you love.

What to do

1. Look at your Hero Notes and sources for quotes by or about your hero.
2. Choose your favorite quotes. Write the quote and who said it.

WHAT IS A QUOTE? A quote is the exact words someone said or wrote. Choose words that touch your heart or teach a truth. Your favorite may become your memorization in Step 24.

My Favorite Quote	
Quote 1:	
Said by:	

Favorite Quotes, Part 2

About 15–20 minutes

Goal: Finish thinking about your favorite quotes.

What to do

1. Copy your favorite quote from your Step 18 page into the box below.
2. Write 2–3 sentences about why it is special to you.

Sentence starters

- This quote is special to me because...
- It reminds me that...

Favorite Quote:

Why This Quote Is Special to Me

An Attribute I Will Develop

About 15–20 minutes

Goal: Start being more like your hero.

What to do

1. Choose one of your hero's Christlike attributes (good qualities) that you want to grow in yourself.
2. Write a goal to practice it every week for the next 12 weeks.
3. Check off each week you work on your goal. You will look back on it in Step 29.

A GOOD GOAL TELLS EXACTLY WHAT YOU WILL DO: Instead of "I will be kinder," try "I will write a kind note to someone in my family every Sunday."

The Attribute I Will Develop	
Attribute:	
Why I want to become better with this attribute:	

My 12-Week Goal	
What I will do:	
When I will do it:	

Weekly Tracker <i>Check off each week you work on your goal.</i>											
Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12

Plan a Christlike Act of Service

About 15–20 minutes

Goal: Plan a way to help others like your hero did.

What to do

1. Think about how your hero helped others. Look at the ideas below.
2. With your family, plan 30–60 minutes of service. Service means helping others. Choose something that is like what your hero did.
3. Show your plan to a parent and ask them to sign it. You will do your service in Step 22.

If your hero...	You could...
- Helped the poor or sick - Shared the gospel - Kept others safe - Taught or cheered up others - Served their country	- Collect food or clothes to give away - Share a favorite scripture or hymn with a friend - Help a neighbor, brother or sister, or someone who feels left out - Read with a younger child - Make thank-you cards for soldiers, police, or firefighters

My Service Plan			
What I will do:			
Who I will help:			
How is it like my hero?			
When:		How long:	

Parent Approval			
Parent name:		Signature:	

Complete My Christlike Act of Service

About 30–60 minutes

Goal: Help others like your hero did.

What to do

1. Do the service you planned in Step 21 (30–60 minutes). You may do it at another time.
2. Take a photo or video of your service, if you can.
3. Right after you serve, fill in this page. You will use it in Step 23.

REMEMBER: "When ye are in the service of your fellow beings ye are only in the service of your God" (Mosiah 2:17). This means that when we help others, we are helping God.

Service Log			
Date:		Time spent:	
Who I helped:			
What I did:			
How I felt:			
How this was like my hero:			

☐ I took a photo or video.

☐ I thanked the people who helped me.

Service Report

About 15–20 minutes

Goal: Write about what you did and what you learned.

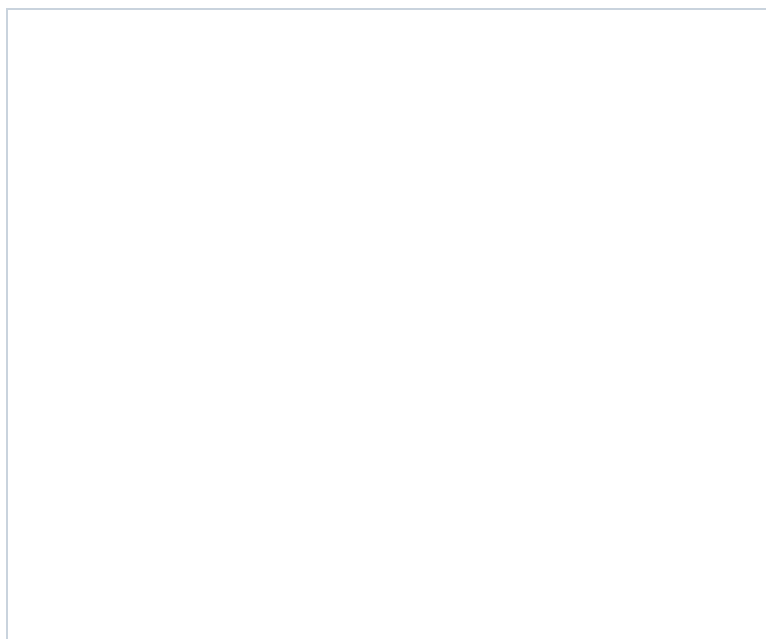
What to do

1. Look at your Service Log from Step 22. Write 3–5 sentences about your service.
2. Glue or tape a photo of your service in the box below.

SENTENCE STARTERS: For my service, I... • I chose this because my hero... • I learned...

My Service Report

Put a photo of your service here.



Choose Your Memorization

About 15–20 minutes

Goal: Learn your hero's words by heart.

What to do

1. Choose a short quote by or about your hero that inspires you to be better. Your Favorite Quotes are a good place to look.
2. Write it below. Then tell why it is special to you.
3. Practice 2 minutes a day for 10 days. Check off each day. You will say it when you share your project.

WHAT IS A MEMORIZATION? It is a quote you learn so well that you can say it without looking. Tips: Say it out loud. • Learn one line at a time. • Say it to your family.

My Memorization

About My Memorization

Said by:	
Why it is special to me:	

Practice Tracker *Check off each day you practice.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10

Creative Tribute: Choose and Plan

About 15–20 minutes

Goal: Plan something special you will make to honor your hero.

What to do

1. Choose what you will make: piece of art, music, a video, or a poem.
2. Choose what it will show: something that happened, a good quality, or a big idea from your hero's life.
3. Make a plan and a first sketch or try below.

WHAT IS A TRIBUTE? A tribute is something you make to honor someone and show why they are special.

Choose One

☐ **Art**

A drawing, painting, clay figure, or other art

☐ **Music**

A song or tune you make up and play or sing

☐ **Video**

A short movie or slideshow (1–2 minutes)

☐ **Poem**

At least 3 verses of 4 lines, or a poem that uses the letters of your hero's name

My Plan

My tribute will show:

☐ Something that happened ☐ A good quality ☐ A big idea

Tell about it:

Sketch, song idea, or first verse:

Creative Tribute: Create

About 30–60 minutes

Goal: Make your tribute.

What to do

1. Use your plan from Step 25 to make your tribute.
2. Check off each part when you finish it. You may keep working at another time if you need more time.
3. Write down each time you work on it. Ask a parent to check how you are doing.

Progress Checklist *Use the list for the one you chose.*

Art	Music	Video	Poem
☐ Sketch done	☐ Words or tune written	☐ Plan drawn	☐ Kind of poem chosen
☐ Supplies ready	☐ Practiced many times	☐ Pictures or clips ready	☐ All lines written
☐ Main part made	☐ Can play or sing it from memory	☐ Video made and checked	☐ Read aloud and fixed
☐ Details finished			☐ Final copy written

Times I Worked on It

#	Date	What I did	Minutes
1			
2			

Parent Check

Parent name:		Signature:	
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Creative Tribute: Finish and Share

About 30–60 minutes

Goal: Finish your tribute and add it to your notebook.

What to do

1. Finish your tribute. Add it to this page: a photo of your art, a link or QR code to your music or video, or your poem.
2. Give your tribute a title.

My Creative Tribute			
Title:		Kind:	☐ Art ☐ Music ☐ Video ☐ Poem

Put a photo, link, or QR code here, or write your poem.

Me and the Cause of Christ

About 15–20 minutes

Goal: Choose to follow your hero's example.

What to do

1. Look back at your Christlike Attribute (Step 14), Attribute Goal (Step 20), and Service Report (Step 23).
2. Think: How does my hero make me want to be better? What will I do because of what I learned?
3. Write 3–4 sentences about how your hero helps you want to bring others to Jesus.

REMEMBER: The Cause of Christ is the work of helping people come to Jesus. You can help, too!

Sentence starters

- My hero makes me want to help others come to Jesus by...
- Because of my hero's example, I...
- From now on, I will...

Me and the Cause of Christ

How Have I Improved

About 15–20 minutes

Goal: See how you have grown during your Master Project.

What to do

1. Look at your Weekly Tracker from Step 20. Think about how you have grown and become more like Jesus.
2. Write 3–5 sentences about how you have become better at the attribute you chose.

My Attribute Goal

Attribute:		# of weeks I did it:	
------------	--	----------------------	--

Sentence starters

- Because of my Master Project, I am better at...
- At the beginning, I... Now I...

How Have I Improved

Assemble Your Notebook

About 15–20 minutes

Goal: Put your whole notebook together.

What to do

1. Write your Dedication page. To dedicate means to give your project in honor of someone special. Tell who and why.
2. Put every page in order using the checklist below.
3. Read your work out loud to check it. Ask a parent to read it too.

Notebook Checklist <i>Check off each page as you put it in order.</i>	
Front	Research (behind its divider)
☐ Cover ☐ Dedication ☐ Read the Hero Bios (Step 1) ☐ Explore Heroes (Step 2) ☐ Why I Chose My Hero (Step 3)	☐ Hero Notes (Steps 5–8) ☐ Timeline (Step 9) ☐ Tell It Back (Step 11)
Reason (behind its divider)	Relate (behind its divider)
☐ Character Chart (Steps 12–13) ☐ Christlike Attribute (Step 14) ☐ Favorite Story (Step 15) ☐ Most Important Truths (Step 16) ☐ Cause of Christ (Step 17)	☐ Favorite Quotes (Steps 18–19) ☐ Attribute Goal (Step 20) ☐ Service Plan (Step 21) ☐ Service Log (Step 22)
Record (behind its divider)	Proofreading
☐ Service Report (Step 23) ☐ Memorization (Step 24) ☐ Creative Tribute (Steps 25–27) ☐ Me and the Cause of Christ (Step 28) ☐ How Have I Improved (Step 29)	☐ I read my whole notebook out loud. ☐ A parent read it. ☐ I fixed my mistakes. ☐ My Table of Contents is filled in.

Dedication

Choose someone special to honor with your Master Project. Tell why you chose them.

I dedicate my Master Project to:

Because...

Prepare Your Presentation

About 15–20 minutes

Goal: Get ready to share your hero with others.

What to do

1. Plan a 3–5 minute presentation. A presentation is when you share what you learned with others.
2. For each part below, write a few key words. Key words are a few words that help you remember what to say.
3. Choose pictures or short videos to show. Practice once for a parent, and say your memorization.

My Presentation Outline		
#	Part	Key words
1	Why I chose my hero (Step 3)	
2	My hero's story and my favorite story (Steps 9, 15)	
3	How my hero was like Jesus and helped people come to Him (Steps 14, 17)	
4	My service and my Creative Tribute (Steps 23, 27)	
5	My memorization (Step 24)	
6	How I have improved (Step 29)	

Things I will show

☐ Pictures
 ☐ Videos
 ☐ Master Project Binder
 ☐ Slides

Practice Sign-Off			
Listener name:		Signature:	
Minutes:		Check:	☐ Said memorization ☐ Did not read

Presentation Tips

About 15–20 minutes

Goal: Share your hero and what you learned, and be brave!

REMEMBER: You have come to know and love your hero. Now you can help others love your hero too!

Before You Present

- Practice with your key words. Do not write out every word. Know your story well enough to tell it from your heart.
- Set up your pictures, videos, or things to show before you start.
- You may dress up like your hero if you want to.
- Invite your family to watch.

While You Present

- **Look at the people watching.** Peek at your notes, but do not read them.
- **Tell stories.** Stories help people love your hero like you do.
- **Speak clearly.** Talk slowly and loudly so everyone can hear. Try not to say "um" or "like."
- **Say your memorization without looking.** Take a deep breath before you begin.
- **Share your heart.** Tell why this hero is special to you.

Recording Tips

- Record in a quiet place. Have the light in front of you, not behind you.
- Ask someone to hold the camera still, or use a stand.
- Do a quick test to make sure people can see and hear you.
- Keep your presentation to 3–5 minutes.