

My Hero Project Printables



For Parents

This packet holds the **cards, cutouts, and extra pages** your child will use during the My Hero Project. **YOU WILL NOT NEED TO PRINT ALL PAGES!** Follow the project step-by-step to know which pages you need. Many are specific to the hero your child chooses to learn more about.

What's Inside

- 1 Print the printables for Steps 1 & 2 and Step 4 first. Wait until Step 5 to make remaining prints.

STEP
1 & 2

Hero Cards

Print and cut out **all** of the Hero Cards.

Print all

STEP
4

Binder Cover & Spine Inserts

Print the binder cover, plus **one** spine insert that matches the size of your binder. Print and use as is, or cut out and use.

Print all

- 2 Print the remaining printables for your child's Hero Project following the instructions below.

STEP
5

Story in Order Cards

Print and cut out **only the cards** for your chosen hero.

Your hero only

STEP
6

Map Markers, Long Ago & More Recent Cutouts

Print and cut out **all** of the map markers and cards.

Print all

STEP
7

Mini Story Cards

Print and cut out **only the cards** for your chosen hero.

Your hero only

STEP
8

Heart Words

Print and cut out **each** Heart Word card.

Print all

STEP
14

Creative Tribute Ideas

Idea starters for each hero. Use them if they're helpful.

No printing
needed

STEP
15

Hero Quote Worksheets

Print **only the worksheet** for your chosen hero.

Your hero only

Printing & Assembly Tips

None of these are required, but they make the project easier to use and more fun to keep.



RECOMMENDED

Use card stock

Printing the **cards**, **binder cover**, and **Heart Words** on card stock isn't required, but it's recommended. Sturdier cards are easier for children to handle.



STEP 15

Print it like the others

Print your hero's **Step 15 worksheet** the same way you printed the other step worksheets, so it matches the rest of the notebook.



OPTIONAL

Use page protectors

We recommend putting your **worksheets** in plastic page protectors. It makes it easier to add pages to your child's My Hero Notebook.

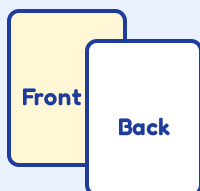


OPTIONAL

Keep it in a binder

A binder for your **My Hero Notebook** is a great idea. It becomes a treasured keepsake your child can look back on and share.

Printing the double-sided cards



- The **Hero Cards** and **Story in Order Cards** have a picture on one side and words on the back.
- Print them **double-sided**, choose **flip on long edge**, and print at **100% / actual size** (not "fit to page").
- For **Story in Order Cards**, print just your hero's **picture page** and the **story page** right after it.
- Cut along the colored borders on the picture side.

Our Heroes



Choose one hero. Learn their story, and follow their example of following Jesus.

Steps 1 & 2

Hero Cards

Double-sided

Card stock recommended

Print all

You will use each of these cards for **Steps 1 and 2** of the My Hero Project. Print each page of Hero Cards **double-sided**, so the front and back of each card can be cut out as a single card and reviewed with your child.



What to print

Print **pages 5–10**, double-sided (flip on long edge), at 100% / actual size. We recommend printing on card stock for easier handling.

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ANNE FRANK

Hope in the Darkness

June 12, 1929 – February 1945



CORRIE TEN BOOM

Courage over Fear

April 15, 1892 – April 15, 1983



GAIL HALVORSEN

"The Candy Bomber"

October 10, 1920 – February 16, 2022



ROSA PARKS

Quiet Courage

February 4, 1913 – October 24, 2005

★ MEET MY HERO

Corrie ten Boom was a Christian woman and watchmaker who lived with her family in Haarlem, the Netherlands.

Corrie and her family loved Jesus Christ and believed that every person was precious to God. During World War II, Jewish people were being arrested simply because they were Jewish. Corrie's family opened their home to people who needed protection and even built a secret hiding place inside the house.



📖 HERO STORY

Corrie ten Boom lived in Haarlem, a city in the Netherlands. Her father, Casper, was a watchmaker, and their home was above their watch shop. Their family trusted God and worked hard to help others.

When the Nazis took control of the Netherlands, Jewish people were in great danger. Corrie and her family decided to help. They opened their home to people who needed protection. In their house, they built a small, secret room behind a bookcase. Many people came and were hidden there, including men, women, and children.



One day, Nazi officers came to search their home. Corrie stayed calm and trusted God. The secret room was not found, and everyone inside was safe. The family continued to help for a long time.



Eventually, the Nazis discovered what they were doing. Corrie, her sister Betsie, and their father were arrested. Betsie died in a concentration camp, but Corrie survived. She spent many months in prison in very hard conditions, but her faith in God never left her.

After the war, Corrie traveled around the world, sharing her experiences. She spoke about Jesus Christ, His love, and the power to forgive. Even though she had suffered greatly, she chose to forgive the people who had hurt her. She taught that forgiveness does not mean what someone did was right, but it helps us heal and find peace.

Corrie's life showed great courage. She chose to do what was right, even when it was dangerous. She loved and helped others, and she kept her faith in Jesus Christ. She showed that we can still be kind, have hope, and forgive, even in very hard times.

♥ **Being like Jesus means standing up for right even when it is hard.**

★ MEET MY HERO

Anne Frank was a young Jewish girl who lived in the Netherlands during World War II.

Anne and her family loved God and believed that every person is a child of God. Even though she faced great fear and unfairness, Anne chose to be kind, hopeful, and loving. Her diary shows us her faith, courage, and belief in a better world.



📖 HERO STORY

Anne Frank was born in 1929 in Frankfurt, Germany. She lived a happy life with her parents, Otto and Edith, and her older sister, Margot. When the Nazis came to power, they began to treat Jewish people unfairly and took away their rights. Anne's family moved to the Netherlands, hoping to be safe.



In 1942, the danger grew, and the Frank family went into hiding. They moved to a secret place behind a bookcase in their father's office building. They lived there with another family for more than two years. They had to be very quiet and could not go outside. They relied on a few trusted friends who brought them food and helped keep their hiding place a secret.



During this time, Anne wrote in her diary. She wrote about her daily life, her feelings, her questions, and her hopes. She wrote about her love for God, her family, and her belief that people could be kind to one another. Even though she was living in a small, dark room, Anne tried to see the good in life. She found joy in simple things and kept a hopeful heart.



In 1944, the hiding place was discovered, and Anne, her family, and their friends were arrested. Anne was taken to a concentration camp. She died there in 1945 when she was only 15 years old.

Even though her life was cut short, Anne's diary was later found and shared with the world. Her words continue to inspire people everywhere. She shows us that even in hard times, we can choose kindness, hope, and faith. She believed that the world could be a better place, and she wanted to help make that happen.

Anne Frank's life teaches us to stand for what is right, to be kind to others, and to keep our faith in God, even when it is hard.

♥ **Being like Jesus means being kind to others even when they are not kind to us.**

★ MEET MY HERO

Rosa Parks was a woman who lived in the United States. She loved God and believed that all people are children of God. She wanted to see a world where everyone is treated with kindness and respect.

Rosa was a quiet and brave person. She chose to do what was right, even when it was hard. Her example helped many people and made a big difference.



📖 HERO STORY

Rosa Parks was born in 1913 in Alabama. When she was a girl, she saw that many people were treated unfairly because of the color of their skin. This made her sad, but she always believed that God loves all people and that everyone should be treated fairly.



In 1955, Rosa was riding a bus in Montgomery, Alabama. The bus driver told her to give up her seat so a white person could sit there. Even though she was tired and it was against the rules to stay in her seat, Rosa chose to remain seated. She knew it was the right thing to do because every person deserves to be treated with kindness and respect.



Rosa was arrested for not giving up her seat. Many people thought this was unfair. Her brave choice helped start the Montgomery Bus Boycott, where many people decided not to ride the buses until they were treated equally. This peaceful stand helped bring about important changes.

Rosa worked hard and learned a lot. She went to school, graduated, and later worked to help people in her community. She joined a group called the NAACP and spoke up for equal rights. She believed that kindness, fairness, and respect are important, and she never gave up, even when things were difficult.

Rosa's courage showed people that even one person can make a difference when they do what is right. She continued to work for kindness, fairness, and equal rights throughout her life. She spoke to many people, encouraged others to stand up for what is right, and helped make the world a better place.

Rosa Parks' life teaches us to be kind, to stand up for what is right, and to keep trying, even when it is hard. She shows us that we can help make the world a better place by treating everyone with love and respect.

♥ **We can be like Jesus by courageously standing up for people who are not being treated fairly.**



★ MEET MY HERO

Gail Halvorsen was a pilot, a husband and father, and a member of The Church of Jesus Christ of Latter-day Saints. He loved to help people. After a terrible war, many families in Berlin, Germany, did not have enough food. Gail flew a big airplane filled with supplies to help them. But Gail did something extra for the children. He dropped candy from the sky on tiny parachutes! The children called him the **Candy Bomber**.



📖 HERO STORY

One day, Gail landed his big airplane in Berlin. The city had been badly damaged by war. Many buildings were broken. Families did not have enough food.

Near the airport, Gail saw a group of children standing behind a fence. He walked over to say hello. The children did not ask for candy or presents. They were simply thankful that the airplanes were bringing food to their city.

Gail wanted to do something kind for them. He reached into his pocket. He had only two sticks of gum. He broke the gum into smaller pieces and shared it with the children. There wasn't enough for everyone, but something wonderful happened. The children who received the gum shared with the others. Even the wrappers were passed around so other children could smell the sweet gum!



Gail had an idea. "I'll come back tomorrow," he told them. "But how will you know which airplane is mine?" He said he would wiggle the wings of his airplane.

The next day, Gail and his crew gathered candy. They tied the candy to little parachutes made from handkerchiefs so it would float gently to the ground.

Then Gail flew toward Berlin. The children watched the airplanes. Suddenly, one airplane began to **WIGGLE ITS WINGS!** It was Gail! Little parachutes floated down from the sky. And hanging underneath them was candy! The children ran to catch them.



Gail kept dropping candy, and soon many other people helped too. What began with just two sticks of gum grew into thousands of little gifts for the children of Berlin. Gail showed that you don't have to do something enormous to make a difference. He was a faithful member of The Church of Jesus Christ of Latter-day Saints, and he lived his beliefs by serving others and bringing joy to those in need.

♥ **Sometimes a small act of kindness can grow into something very big.**

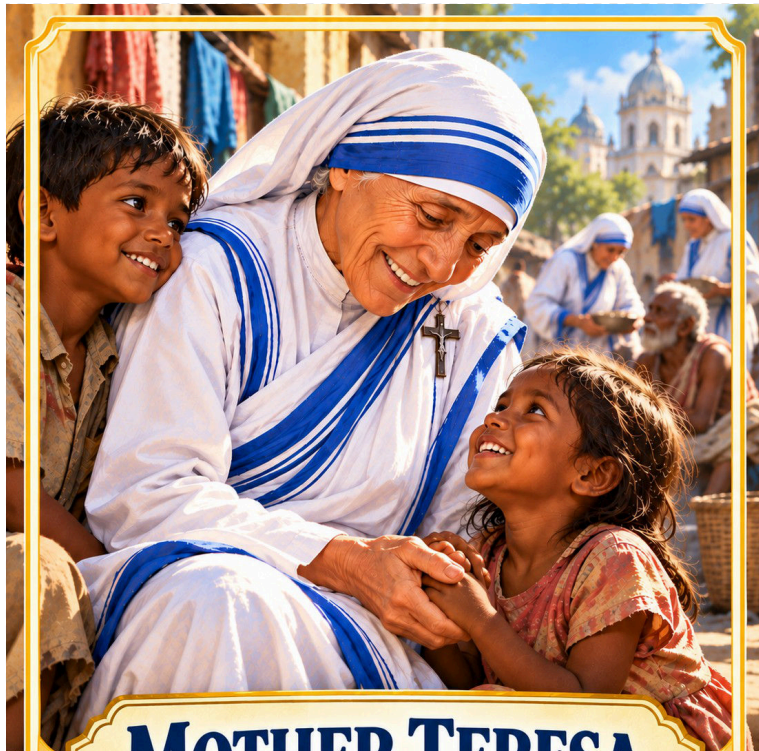




MARTIN LUTHER KING JR.

Standing for Right

January 15, 1929 – April 4, 1968



MOTHER TERESA

A Light of Love

August 26, 1910 – September 5, 1997



DALLIN H. OAKS

A Life of Learning and Service

Born August 12, 1932
18th President of The Church of Jesus Christ
of Latter-day Saints



DESMOND DOSS

Faith to Save One More

February 7, 1919 – March 23, 2006

★ MEET MY HERO

Mother Teresa was a Catholic nun who loved Jesus Christ with all her heart. She believed that when she cared for someone who was poor, sick, hungry, or lonely, she was also showing her love for Jesus.

She spent much of her life in **Calcutta, India**, where she cared for people others sometimes ignored. She started the **Missionaries of Charity**, a group of sisters dedicated to loving and serving people in need.



HERO STORY

A Call to Help

Mother Teresa was a teacher in India. She lived with other sisters in a convent, and every day she taught girls at a school. But outside the school, she saw people who were suffering. Some were very poor. Some were hungry. Some were sick. And some had no one to take care of them.

Mother Teresa loved Jesus very much. She felt that Jesus was asking her to leave the school and go help these people. That would mean giving up the life she knew. But Mother Teresa decided to go. She put on a simple white sari with blue stripes and walked out into the streets of Calcutta.

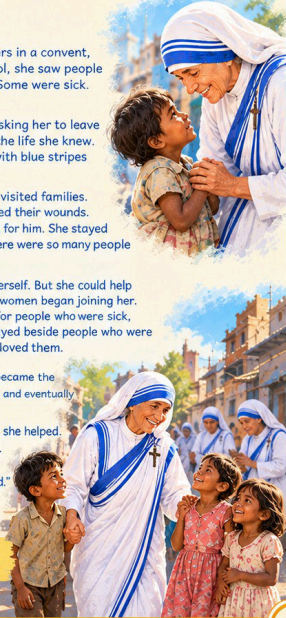
She began looking for people who needed her. She visited families. She found children who had sores and gently washed their wounds. She found an old man lying in the street and cared for him. She stayed with a woman who was very sick and hungry. There were so many people who needed help!

Mother Teresa couldn't help everyone by herself. But she could help one person at a time. Before long, other women began joining her. Together they fed hungry people, cared for people who were sick, gave children a safe place to live, and stayed beside people who were lonely so they would know that someone loved them.

In 1950, Mother Teresa's group officially became the **Missionaries of Charity**. Over time, their work spread far beyond Calcutta and eventually around the world.

Mother Teresa believed there was something special about every person she helped. She saw Jesus in them. When someone was hungry, she could feed them. When someone was hurting, she could comfort them. When someone felt forgotten, she could show them, "You matter. You are loved."

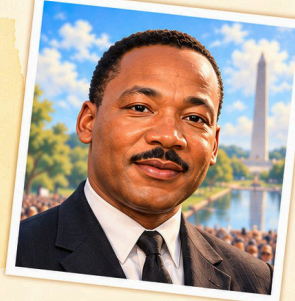
♥ We can show our love for Jesus by loving and serving the person right in front of us.



★ MEET MY HERO

Martin Luther King Jr. was a Christian pastor, a husband, and a father. He believed that God loves all His children and that people should be treated with kindness and fairness.

At that time, unfair laws kept Black people and white people apart in many places. Martin worked to change these laws. He taught people to stand up for what was right without hurting others. Even when people were unkind to him, he tried to answer with courage, peace, and love.



HERO STORY

Martin Luther King Jr. grew up in Atlanta, Georgia. His father was a pastor, and Martin became a pastor too. He loved Jesus and believed that loving other people was one of the most powerful ways to change the world.



In 1955, Rosa Parks was arrested after she would not give up her seat on a bus. Black families in Montgomery decided to stop riding the buses. Martin helped lead them. For more than a year, people walked, shared rides, and worked together. They wanted the unfair rules on the buses to change.



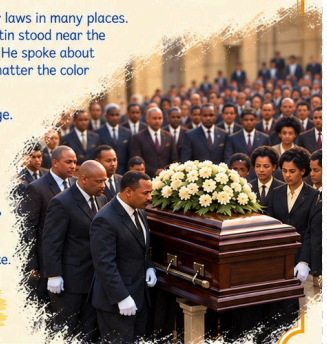
Some people became angry with Martin. He was threatened and arrested. But Martin kept teaching people not to fight back with hate. He believed they could be strong and brave while still being peaceful.

Soon, Martin was helping people peacefully stand against unfair laws in many places. In 1963, thousands of people gathered in Washington, D.C. Martin stood near the Lincoln Memorial and gave his famous "I Have a Dream" speech. He spoke about his hope for a country where people would be treated fairly, no matter the color of their skin.

Martin kept marching, speaking, praying, and working for change. In 1964, he received the Nobel Peace Prize for his leadership and commitment to nonviolence.

In 1968, Martin went to Memphis, Tennessee, to support workers who were asking for safer working conditions and better pay. On April 4, while he was staying at the Lorraine Motel, he was killed. He was only 39 years old. Many people were very sad, but his message did not end. People all around the world still remember his courage and his belief that love is stronger than hate.

♥ For some, being like Jesus means sacrificing everything—even their lives.



★ MEET MY HERO

Desmond Doss was a Christian and an Army medic during World War II. He loved Jesus and wanted to follow His commandments. Even though he was a soldier, he chose not to carry a gun or hurt anyone. Instead, he wanted to help wounded soldiers and save lives.



HERO STORY

Desmond Doss grew up in Virginia and loved God. He believed in the commandments and tried to live them every day. When he was older, he joined the Army during World War II. He wanted to serve his country and help people. But because of his faith, he decided he would not carry a gun or hurt anyone. He wanted to be a medic and help the wounded.

Many people did not understand. Some soldiers made fun of him. They called him names and tried to make him carry a gun. But Desmond stayed true to what he believed. He was kind and respectful, and he kept doing his best.



In 1945, Desmond and his unit were sent to a very dangerous place called Hacksaw Ridge in Okinawa, Japan. The fighting was fierce. Many soldiers were hurt and could not move. Bullets were flying, and it was easy to get hurt. But Desmond ran out into the open again and again to help the wounded.

Desmond carried one soldier at a time down the steep cliff to a safe place. He used a rope to lower them to safety. He kept going all day, even though he was tired, hungry, and scared. He helped about 75 wounded soldiers that day! Many of those men said they were alive because of Desmond.



Other soldiers saw how brave Desmond was. They stopped making fun of him and began to respect him. He showed them that you can be a strong soldier without using a weapon. He showed great faith, courage, and love for others.

After the war, Desmond was given the Medal of Honor, which is the highest award a soldier can receive in the United States. He was the only person during World War II to receive this award without ever carrying a weapon in battle.

Desmond's example reminds us that we can choose to follow Jesus and do what is right, even when it is hard. He looked for ways to help others, and his courage saved many lives. He believed that every person is precious to God, and he tried to show love to all of God's children—even in a very dangerous place.

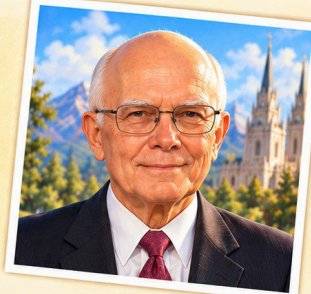
♥ We can follow the example of Jesus by helping others, even when it takes great courage.



★ MEET MY HERO

Dallin H. Oaks is a husband, father, grandfather, and a prophet of God. He has spent much of his life learning, teaching, and serving other people.

Before becoming an Apostle, he was a lawyer, a teacher, president of Brigham Young University, and a justice on the Utah Supreme Court. In 1984, he left his work as a judge when he was called to be an Apostle of Jesus Christ. In 2025, he became President of The Church of Jesus Christ of Latter-day Saints.



HERO STORY

Dallin H. Oaks was born in Provo, Utah, in 1932. When Dallin was only seven years old, his father became very sick and died. Dallin, his younger brother, and his little sister were left without their dad. It was a very hard time for their family. They found comfort in their faith in Jesus Christ and their belief that their family could someday be together again.



Things did not suddenly become easy. For a time, Dallin was lonely and struggled in school. His classmates made fun of him because he struggled with reading and math. Then a kind fifth-grade teacher named Pearl Shaffer helped him learn and believe in himself.

As a teenager, Dallin worked hard. He swept floors at a radio repair shop and became fascinated with radios. He learned how they worked and earned a radio operator's license before and an announcer.



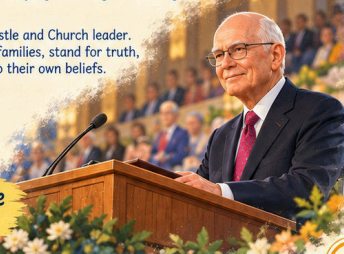
Dallin kept learning. He attended Brigham Young University and then law school. He became a lawyer and a law professor. Later, he served as president of BYU and then as a justice on the Utah Supreme Court. Through each new opportunity, he tried to use what he had learned to serve others.

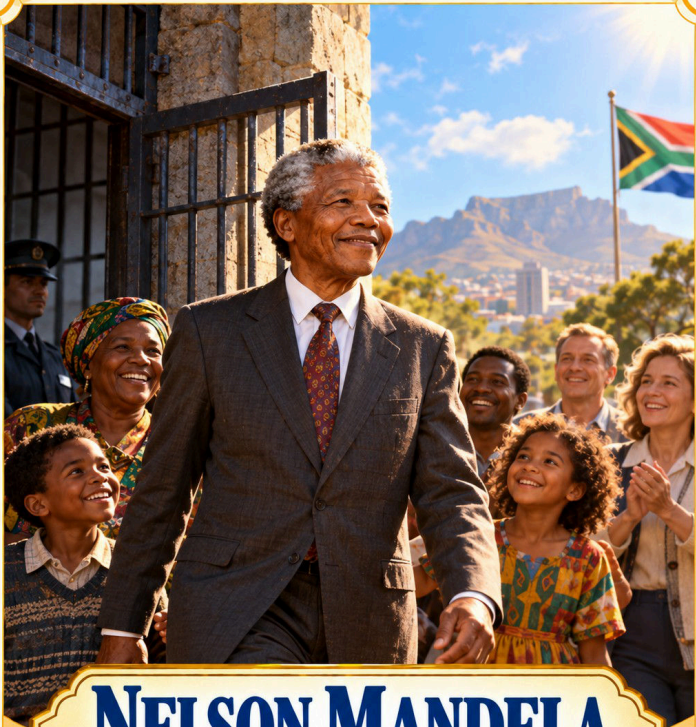
Then, in 1984, Dallin received a very different kind of invitation. He was called to be an Apostle of Jesus Christ. He left his important position as a judge and began traveling and teaching people about Jesus Christ.

For more than 40 years, President Oaks served as an Apostle and Church leader. He taught people to follow Jesus Christ, strengthen their families, stand for truth, and respect the freedom of others to worship according to their own beliefs.

In 2025, at age 93, Dallin H. Oaks was called to serve as President of the Church. The little boy who had faced such difficult days continued doing what he had learned to do long ago: trust God, keep learning, keep working, and keep serving.

Being like Jesus means giving all that we have and are to build God's Kingdom.

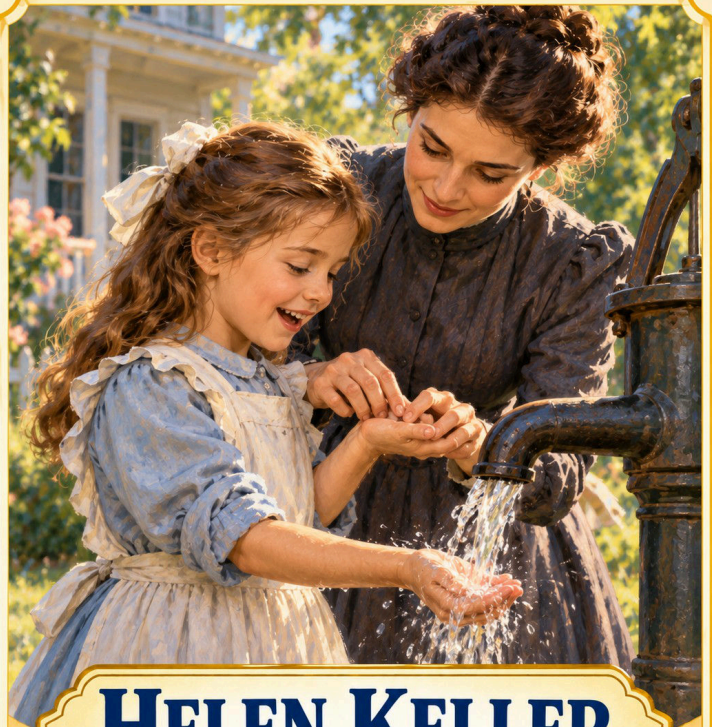




NELSON MANDELA

Choosing Forgiveness

July 18, 1918 – December 5, 2013



HELEN KELLER

A World of Possibilities

June 27, 1880 – June 1, 1968



MEET MY HERO

Helen Keller became deaf and blind after becoming very sick when she was only 19 months old. As a little girl, she was very smart and curious, but she did not yet have a way to understand the words people used.

A young teacher named Anne Sullivan came to help. Anne taught Helen to communicate by spelling words with her fingers into Helen's hand. Helen learned to read and write, graduated from college, became an author, and spent her life helping people with disabilities have greater opportunities.



HERO STORY

The Day Everything Had a Name

When Helen Keller was a baby, she became very sick. Afterward, she could no longer see or hear. As she grew, she wanted very much to communicate, but she did not yet understand words. This was often frustrating for Helen.



When Helen was six years old, Anne Sullivan began teaching her. She spelled words with her fingers into Helen's hand. When Helen held a doll, Anne spelled D-O-L-L. Helen learned the finger movements, but she didn't yet understand that those movements were the name of the thing she was holding.

Then, on April 5, 1887, Anne took Helen outside to the water pump. Cool water rushed over one of Helen's hands. Into her other hand, Anne slowly spelled W-A-T-E-R. Again she spelled it.

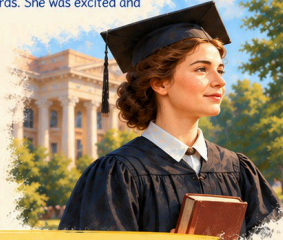
Suddenly—Helen understood! Those movements meant water! That day, Helen learned about 30 new words. She was excited and wanted to know the name of everything!



Helen kept learning. She learned to read Braille and to write. She went to college and became the first deafblind person to earn a college degree. She wrote books, traveled around the world, and gave speeches.

Helen used what she had learned to help others. She worked so that people who are blind, deafblind, or have other disabilities could have opportunities to learn and participate fully in life.

Helen's world once seemed very small. But once she discovered the power of language and learning, a whole new world opened to her—and she spent her life helping open doors for other people too.



**God has given each of us gifts and possibilities.
We can keep learning—and use what we learn to help others.**



MEET MY HERO

Nelson Mandela lived in South Africa, where unfair laws separated people because of the color of their skin. Black South Africans did not have the same rights and freedoms as white South Africans.

Nelson worked to change these unfair laws. He spent more than 27 years in prison, but he never gave up hope for a better South Africa. When he was finally free, he worked to bring people together and build a country where everyone could be treated fairly.



HERO STORY

Nelson Mandela was born in a small village in South Africa. He grew up loving his family and learning about fairness. But in South Africa, there were unfair laws called apartheid. These laws separated Black people and white people. Black people could not go to the same schools, live in the same neighborhoods, or have the same rights.

Nelson believed this was wrong. He wanted everyone to be treated with respect. He joined other leaders who were working for change. They spoke up for what was right and shared their belief that all people are equal and important to God.



The government did not like Nelson's work. They arrested him and sent him to prison. He stayed there for more than 27 years. He missed his family. His children grew up while he was gone. His mother and his oldest son died, and he was not even allowed to leave prison for their funerals.

Even in prison, Nelson kept hoping. He read, prayed, and thought about a better future. He chose to forgive the people who treated him unfairly instead of feeling angry.

On February 11, 1990, Nelson was finally released from prison. He was free! People cheered and were so happy to see him. Instead of being angry, Nelson worked with people who had once been against him. He talked with leaders from all sides. He wanted to build a country where everyone could live together in peace.



In 1994, South Africans of all races were able to vote together in a national election. Nelson Mandela voted for the first time in his life. He was 75 years old! Soon, he became South Africa's first democratically elected president.

As president, Nelson worked to bring his country together. He believed in kindness, fairness, and forgiveness. He showed that we do not have to spend our lives trying to hurt people who have hurt us. We can choose to forgive. We can choose peace. And we can work together to make things better.



**We can follow the example of Jesus
by forgiving others and being peacemakers.**

Step 4

Binder Cover & Spine Inserts

Print all

Card stock recommended

These pages set up your child's **My Hero Binder** in **Step 4**. Print the binder cover, then choose **one spine insert** that matches the size of your binder (1" or ½"). Slide the cover and spine into your binder's clear sleeves, or cut them out and attach them.



What to print

Print **pages 12–13**. We recommend printing the binder cover on card stock.

My Hero Binder

Research • Reason • Relate • Record



My Name



My Hero



School Year



Print at 100% / Actual Size on landscape paper. Cut along the edges of the spine insert for your binder size.

Step 5

Story in Order Cards

Double-sided

Your hero only

Card stock recommended

In **Step 5**, your child uses four story cards to put their hero's story in order on the **Story in Order** worksheet. Each hero has a **picture page** and a **story page**. Print them double-sided so each picture has its part of the story on the back.



What to print

Print **only the two pages for your chosen hero** (see below), double-sided (flip on long edge), at 100% / actual size. Cut along the colored borders on the picture side.

Find your hero

Anne Frank

pp. 15–16

Corrie ten Boom

pp. 17–18

Dallin H. Oaks

pp. 19–20

Desmond Doss

pp. 21–22

Gail Halvorsen

pp. 23–24

Helen Keller

pp. 25–26

Martin Luther King Jr.

pp. 27–28

Mother Teresa

pp. 29–30

Nelson Mandela

pp. 31–32

Rosa Parks

pp. 33–34



Anne Frank

Story in Order Cards

Cut out the cards. Put them in order on your worksheet.





2

During World War II, Anne and her family hid from the Nazis in a secret place for over two years.

1

Anne was a young girl in the Netherlands who loved to write and had a bright, hopeful spirit.

4

Anne's diary was found after the war. Her story has inspired millions with a message of hope, courage, and the power of doing what is right.

3

Even though life was difficult, Anne stayed hopeful. She wrote in her diary about her feelings, her faith, and her dreams for a better world.



Corrie ten Boom

Story in Order Cards

Cut out the cards. Put them in order on your worksheet.





2

Corrie and her family hid Jewish people in a secret room to keep them safe.

1

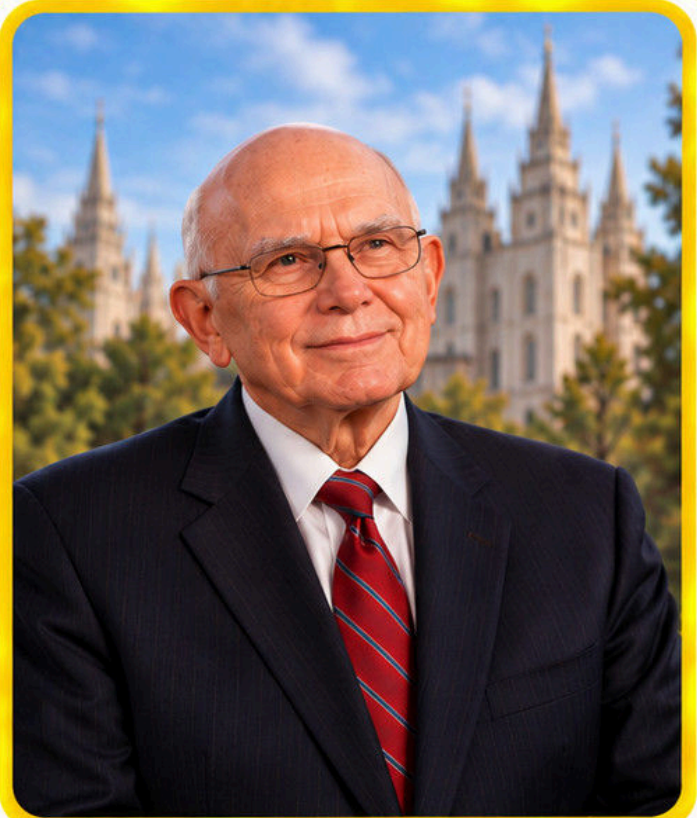
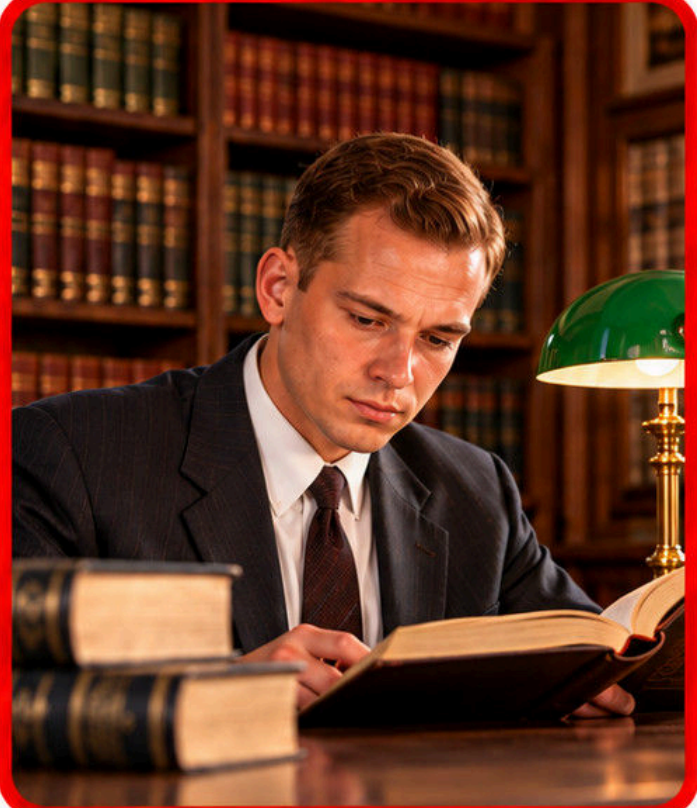
Corrie grew up in the Netherlands. She loved her family and worked in their watch shop.

4

After the war, Corrie taught people all over the world to forgive and love others.

3

Corrie was arrested and sent to a prison camp. She trusted God and forgave the people who hurt her.





2

He studied hard and became a lawyer. He learned to stand up for what is right.

1

Dallin H. Oaks grew up in a loving family. He loved to learn, read, and follow Jesus.

4

President Oaks helps guide the Church and invites everyone to do what is right and come to Christ.

3

He served the Lord in many ways, and is now our prophet on Earth.



Desmond Doss

Story in Order Cards

Cut out the cards. Put them in order on your worksheet.





2

He joined the army during World War II to help people, but he did not want to carry a gun.

1

Desmond grew up in Virginia and loved God. He learned to work hard and help others.

4

Desmond kept doing what was right. He received the Medal of Honor and showed us how to have faith, courage, and love for others.

3

He bravely went into dangerous places to save wounded soldiers, even though it was risky.





2

He promised to drop more candy from his plane. He tied candy to tiny parachutes made from handkerchiefs.

1

Gail was a pilot who flew food to Germans after WWII. He met hungry children, and shared two sticks of gum with them.

4

The children caught the candy and were so happy! They called him the Candy Bomber!

3

He flew over the city and wiggled his wings so the children would know it was him.



Helen Keller

Story in Order Cards

Cut out the cards. Put them in order on your worksheet.





2

Helen had a wonderful teacher named Anne Sullivan. She learned to communicate by feeling letters with her hands.

1

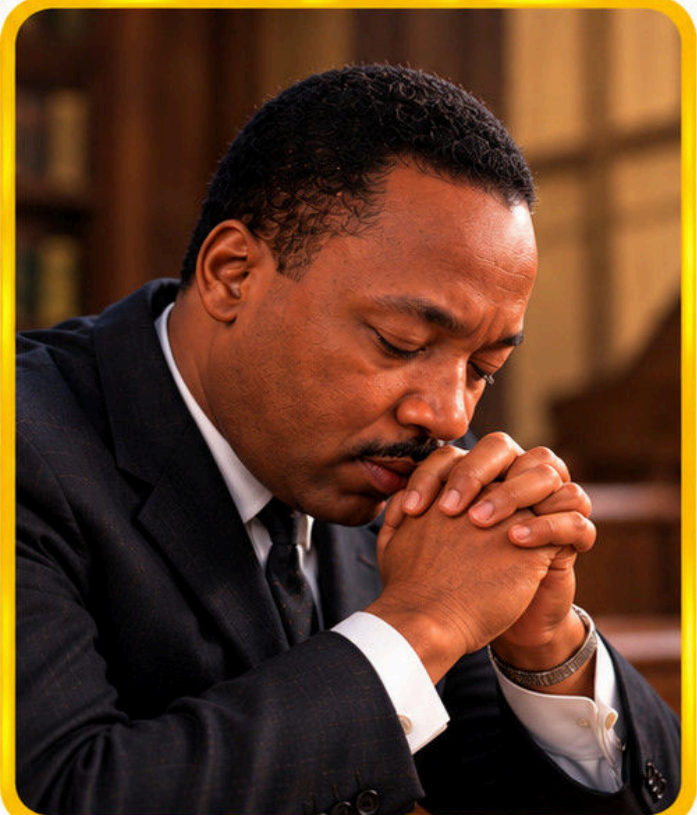
Helen Keller was born in a loving family. When she was very young, she became blind and could not hear or speak.

4

Helen became a famous speaker and helped many people. She showed the world that with hard work, faith, and courage, we can do great things.

3

Helen worked hard and learned to read and write. She went to school and later graduated from college.





2

Martin spoke out for justice and equal rights. He gave powerful speeches, including his famous "I Have a Dream" speech.

1

Martin Luther King Jr. grew up in a loving family and learned to follow Jesus. He believed all people are children of God and should be treated with love and respect.

4

Martin's example continues to inspire people today. He taught us to stand for what is right, to treat everyone with kindness, and to work for a brighter, more loving world.

3

Martin led peaceful marches and worked hard to end unfair laws. He showed great courage, even when it was dangerous, and always chose love instead of hate.



Mother Teresa

Story in Order Cards

Cut! Put them in order then on your worksheet.





2

Mother Teresa chose to be a nun and go to India. She helped people who were poor, sick, and lonely.

1

Mother Teresa grew up in a loving family. She learned to pray, be kind, and help others from a young age.

4

Mother Teresa's example teaches us to love and serve others. She reminds us that even small acts of kindness can make a big difference.

3

Mother Teresa showed great love by taking care of people who needed help. She treated everyone with kindness, no matter who they were.



Nelson Mandela

Story in Order Cards

Cut out the cards. Put them in order on your worksheet.





2

Nelson spoke up for people who were treated unfairly. He worked for peace, for equal rights, and for a better future for everyone.

1

Nelson Mandela grew up in South Africa. He loved learning, and he wanted to help make people's lives better.

4

Nelson was finally free, and he helped bring peace to his country. He forgave people and worked to make South Africa a fair and loving place for everyone.

3

Because he stood up for what was right, Nelson was put in prison for many years. He stayed strong and never gave up hope.



Rosa Parks Story in Order Cards

Cut out the cards. Put them in order on your worksheet.





2

One day, Rosa Parks refused to give up her seat on a bus to a white person. She chose to do what was right, even when it was not easy.

1

Rosa Parks grew up in a loving family. She learned to be kind, work hard, and treat everyone with respect.

4

Rosa Parks helped make our country more fair and loving. Her bravery shows us that we can do what is right, be kind to others, and help make the world a better place.

3

Rosa Parks was arrested, but she stayed strong. Many people joined together to stand up for fairness. They worked for equal rights for everyone.

Step 6

Map Markers, Long Ago & More Recent Cutouts

Print all

Your child uses these **Map Markers** and **Long Ago / More Recent** cards with the **Where and When?** worksheet in **Step 6** to show where and when their hero lived.



What to print

Print **page 36** and cut out each map marker and card.



Step 6 Cutouts ★

Cut out the map marker, time cards, and hero card.



Map Markers

Choose one map marker to show where your hero lived or served.



Long Ago A long time in the past.



More Recent More recently in history.



My Hero!

Cut out this card and decide if your hero lived long ago or more recently.



Step 7

Mini Story Cards

Your hero only

In **Step 7**, your child glues these four small pictures onto the **Hero Storyteller** worksheet (First, Next, Then, Last) and uses them to tell their hero's story in their own words.



What to print

Print **only the page with your chosen hero** (see below), at 100% / actual size, then cut out your hero's four pictures.

Find your hero

Anne Frank

p. 38

Corrie ten Boom

p. 38

Dallin H. Oaks

p. 38

Desmond Doss

p. 39

Gail Halvorsen

p. 39

Helen Keller

p. 39

Martin Luther King Jr.

p. 40

Mother Teresa

p. 40

Nelson Mandela

p. 40

Rosa Parks

p. 41

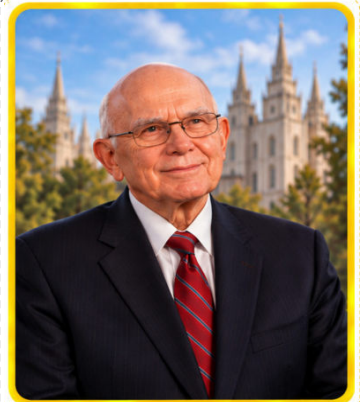
Anne Frank



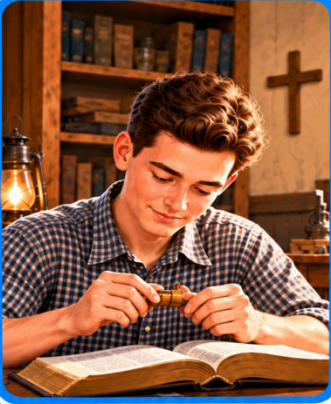
Corrie ten Boom



Dallin H. Oaks



Desmond Doss



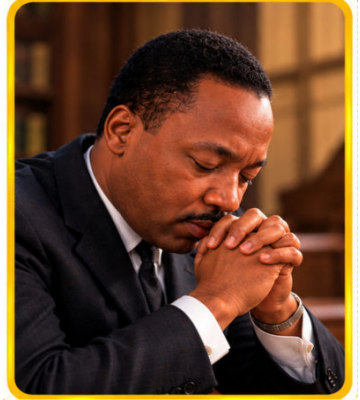
Gail Halvorsen



Helen Keller



Martin Luther King Jr.



Mother Teresa



Nelson Mandela



Rosa Parks



Step 8

Heart Words

Print all

Card stock recommended

In **Step 8**, your child cuts out the Heart Words and chooses **2–3 words** that describe their hero, then uses them on the **Heart & Hands** worksheet.



What to print

Print **page 43** and cut out each card. We recommend printing on card stock for easier handling.

Step
8

Heart Words



Cut out the heart words. Choose 2-3 that describe your hero.



Faith



Family



Kindness



Courage



Helping Others



**Doing What
Is Right**



Peace



Love



Prayer



Learning



Service



Friendship



Forgiveness



Perseverance



Bravery



Gratitude

Step 14

Creative Tribute Ideas

No printing needed

These idea starters can help your child plan their **Creative Tribute** in **Step 14**. Each hero has two ideas. Your child can choose one, or you can come up with your own. Use them if they're helpful.



What to print

No printing needed. Review the ideas for your hero on **pages 45–46**.

Creative Tribute Ideas

Page 1 of 2

Note to Parents:

Below are idea starters for your child's Creative Tribute. Your child can do one of these, but you can also come up with your own idea - whatever will help your child remember their hero!

Anne Frank

IDEA 1

Make Anne's Diary

Fold paper into a little diary. Decorate the cover and draw or write something inside.

IDEA 2

Create a Hiding Place

Make a safe pretend hiding place somewhere in your home. Add a few things you would want with you.

Corrie ten Boom

IDEA 1

Explore a Watch

With a parent's help, take apart an old watch and look closely at the tiny pieces and mechanisms inside.

IDEA 2

What Would I Bring?

Imagine you had to stay hidden for a long time. Choose five special things you would want to bring with you.

Gail Halvorsen

IDEA 1

Make & Drop a Candy Parachute

Make a little parachute, attach a piece of candy, and test-drop it!

IDEA 2

Build the Candy Bomber

Build an airplane using Play-Doh, LEGO, blocks, cardboard, craft sticks, or other materials.

Rosa Parks

IDEA 1

Recreate the Bus Moment

Arrange chairs like bus seats and recreate the moment Rosa chose not to give up her seat.

IDEA 2

Make a Bus Ticket

Design and decorate a pretend Montgomery bus ticket with Rosa Parks's name on it.

Martin Luther King Jr.

IDEA 1

Make a Peaceful-March Sign

Make a sign with a message such as LOVE, PEACE, BE KIND, or EVERYONE MATTERS.

IDEA 2

Give a "Dream" Speech

Make a pretend microphone and tell your family one dream you have for making the world kinder.

Creative Tribute Ideas

Page 2 of 2

Note to Parents:

Below are idea starters for your child's Creative Tribute. Your child can do one of these, but you can also come up with your own idea - whatever will help your child remember their hero!

Desmond Doss

IDEA 1

Dress Like a Medic

Make a medic badge and put together a pretend first-aid kit, then dress up like a medic.

IDEA 2

Rescue a Stuffed Animal

Pretend a stuffed animal is injured. Bandage it, care for it, and carefully carry it to safety.

Nelson Mandela

IDEA 1

Create the South African Flag

Draw, paint, color, or make the South African flag with colored paper.

IDEA 2

Hold a Family Vote

Make ballots and a ballot box, then have your family vote on something fun and count the votes.

Helen Keller

IDEA 1

Make Raised-Letter Art

Make your name or a word using yarn, glue, beads, or another raised material you can feel.

IDEA 2

Mystery Touch Bag

Put familiar objects in a bag and try to identify them without looking, using only your sense of touch.

Mother Teresa

IDEA 1

Make a Care Package

Decorate a bag or box, fill it with a few simple items or treats, and give it to someone who could use kindness.

IDEA 2

Make a Kindness Card

Create a special card for someone who is lonely, sick, sad, or needs encouragement.

Dallin H. Oaks

IDEA 1

Make a Judge's Gavel

Build a pretend gavel to represent his service on the Utah Supreme Court.

IDEA 2

Create a BYU Tribute

Use LEGO, blocks, crayons, markers, or other materials to create something featuring BYU, representing his time as BYU president.

Step 15

Hero Quote Worksheets

Your hero only

In **Step 15**, your child traces, writes, and practices their hero's quote until they can say it for their presentation.



What to print

Print **only the worksheet for your chosen hero** (see below). Print it the same way you printed the other step worksheets.

Find your hero

Anne Frank

p. 48

Corrie ten Boom

p. 49

Dallin H. Oaks

p. 50

Desmond Doss

p. 51

Gail Halvorsen

p. 52

Helen Keller

p. 53

Martin Luther King Jr.

p. 54

Mother Teresa

p. 55

Nelson Mandela

p. 56

Rosa Parks

p. 57



My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Anne Frank's quote.

I still believe, in spite of
everything, that people
are truly good at heart.

— Anne Frank



2. WRITE IT!

Now write Anne Frank's quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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4

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Practice until you can say it for your presentation!



My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Corrie ten Boom's quote.

There is no pit so
deep that God's love
is not deeper still.

— Betsie ten Boom, as shared by Corrie ten Boom



2. WRITE IT!

Now write Corrie ten Boom's quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!

Step
15

My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of President Oaks's quote.

Dear children,
our world needs your
goodness and love. Be
kind to one another.

— President Dallin H. Oaks

2. WRITE IT!

Now write President Oaks's quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!

Step
15

My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Desmond Doss's quote.

Lord, please help
me get one more.

— Desmond Doss

2. WRITE IT!

Now write Desmond Doss's quote on the lines below.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!

Step
15

My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Gail Halvorsen's quote.

Service is the bottom
line to happiness
and fulfillment.

— Gail Halvorsen

2. WRITE IT!

Now write Gail Halvorsen's quote on the lines below.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!

Step
15

My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Helen Keller's quote.

Alone we can do so
little. Together we
can do so much. — Helen Keller



2. WRITE IT!

Now write Helen Keller's quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!



My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Martin Luther King Jr.'s quote.

Darkness cannot
drive out darkness;
only light can do that.

— Martin Luther King Jr.



2. WRITE IT!

Now write Martin Luther King Jr.'s quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!



My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Mother Teresa's quote.

We can do no great
things, only small
things with great love.

— Mother Teresa



2. WRITE IT!

Now write Mother Teresa's quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!

Step
15

My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Nelson Mandela's quote.

Education is the most
powerful weapon we can
use to change the world.

— Nelson Mandela

2. WRITE IT!

Now write Nelson Mandela's quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!

Step
15

My Hero's Words!

Learn and practice the words from your hero!



1. TRACE IT!

Trace the words of Rosa Parks's quote.

You must never be
fearful about what
you are doing
when it is right.

— Rosa Parks



2. WRITE IT!

Now write Rosa Parks's quote on the lines below.

Handwriting practice lines for writing the quote.

3. PRACTICE IT!

Put a check in a box each time you practice saying your quote!



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Practice until you can say it for your presentation!