

My Hero ★ Project ★ Workbook



ANNE FRANK



NELSON MANDELA



CORRIE TEN BOOM



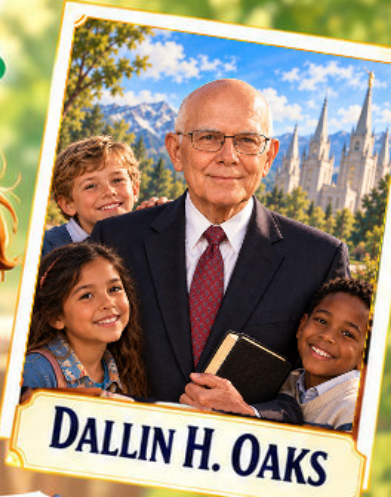
HELEN KELLER



GAIL HALVORSEN



ROSA PARKS



DALLIN H. OAKS



MARTIN LUTHER KING JR.



MOTHER TERESA



DESMOND DOSS

STEP

1

Meet the Heroes!



FOR PARENTS

- 1 Using the My Hero Printables document, print (double-sided) and cut out the ten Hero Cards. Cardstock is recommended for easier handling.
- 2 Read each of the short Meet My Hero bios on the back top of each Hero Card.
- 3 As you read them, show the front of the card to your child, and have them tell you which Heroes are their favorites from the ten provided.
- 4 Write their favorites in the spaces below.



Ask:

- Which heroes do you like the most?
- What do you find interesting or inspiring about them?

My Favorite Heroes Are...

1

2

3

4

5

6

STEP

2

Choose My Top Heroes!



FOR PARENTS

- 1 Now, read each of the longer Hero Stories of each of your child's favorite heroes.
- 2 Help your child to choose their top two or three favorites from those they learned more about.
- 3 Explain that during the next step they will choose just one hero.
- 4 Say a prayer with your child. Invite them to pray to know which hero is the right hero for them to learn more about this year.



Ask:

- Which heroes did you enjoy learning more about?
- Which heroes stood out to you the most?



My Top Heroes Are...







STEP

3

Why I Chose My Hero



FOR PARENTS

- 1 Quickly review some of the details about each of their top two or three favorite heroes.
- 2 Ask your child if they have decided which of all the heroes should be their #1 hero to learn more about this year.
- 3 Add their hero's card to the worksheet (glue or tape).
- 4 Help them write why they chose their hero.



Ask:

- Have you decided which hero you want to learn more about this year?
- What makes this hero special to you?



My Hero Card



Glue your
hero's card
here.

I Chose This Hero Because...



STEP
4

Build Your My Hero Binder!



For all AHS Worldwide students, making a record of what we learn and feel is very important. Your binder will be a **special keepsake and treasure** of everything you learn and feel and become while you learn more about your hero. You will be able to **review it and share it with others for many years to come.**



FOLLOW THESE STEPS:



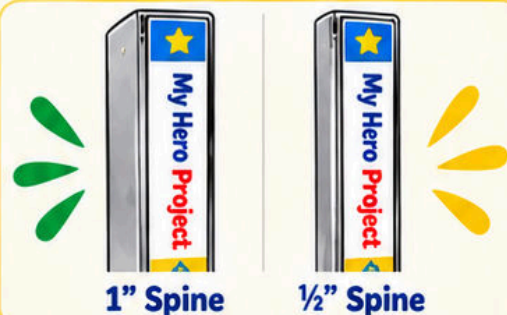
Print the Binder Cover

Print the binder cover from the parent printables. Insert it into your binder's front sleeve.



Print and Cut Out Spine Insert

Choose the spine insert that matches the size of your binder (1" or 1/2"). Print it and slide it into your binder's spine, or cut it out and attach it.



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 Binder.

OPTIONAL



Keep It in a Binder

A binder is a great idea. It keeps everything organized and becomes a treasured keepsake your child can look back on and share.



Your My Hero Binder will be a special place to keep your thoughts, feelings, and what you learn!

STEP

5

Story

in

Order



1

First

2

Next

3

Then

4

Last

Step
6

Where and When?

Find where your hero lived or served. Then sort the pictures by time period.



Long Ago

A long time in the past

More Recent

More recently in history



Step
7

Hero Storyteller

Use your story cards to tell your hero's story in your own words!



You can do it!
Look at your story cards
and tell what happened.



Storytelling Tips:



Look at the pictures.



Use your own words.

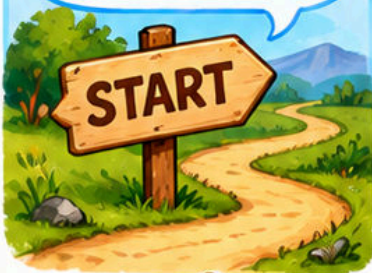


Tell it to a parent, sibling, classmate, or teacher.

First...

Glue your story card here.

What happened first in your hero's life?



Next...

Glue your story card here.

What happened next?



Then...

Glue your story card here.

What happened after that?



Last...

Glue your story card here.

How did your hero's story end? What happened last?



I Told My Hero's Story!

I told my hero's story to:

☐

Parent

☐

Sibling

☐

Classmate

☐

Teacher



Step
8

Heart & Hands

What was in your hero's heart? What did your hero do?



IN MY HERO'S HEART...

What did your hero care about?



SO MY HERO USED THEIR HANDS TO...

What did your hero do because of what was in their heart?

1

My hero...



2

My hero...



3

My hero...



NOW IT'S YOUR TURN!



WHAT'S IN YOUR HEART?

What do you care about?



WHAT CAN YOUR HANDS DO?

Choose one way you can be like your hero.

I can...





Like Jesus

How does your hero's example remind you of Jesus?



My hero followed Jesus by...

Circle one or two ways that show how your hero was like Jesus. You can color the pictures.



Jesus
showed us how.



My hero
followed His example.



I can
follow Jesus too!



I CAN BE LIKE JESUS BY...

Draw a picture of you doing something like Jesus.

Step
10

Helping People Come to Jesus

My hero helped people feel Jesus's love.

Help these children find Jesus by collecting every attribute along your way!



My hero helped people come closer to Jesus by...

TRACE

Helping and Loving Others

WRITE

Step
11

Favorite Words

Find words that remind you of your hero!



KIND



BRAVE



SACRIFICE



LOVE



FAITH

N	G	R	Q	H	J	J	H	J	J	Z	F	U	Z
S	Q	A	B	Y	X	X	T	I	U	D	O	U	L
B	R	A	V	E	R	I	I	S	H	U	A	W	C
X	I	V	C	B	Y	Y	A	S	A	A	O	U	V
K	S	K	T	D	X	N	Z	A	M	V	X	Z	J
C	Y	E	T	R	I	J	Q	C	E	F	E	B	E
P	V	S	R	K	B	G	E	R	W	S	C	L	S
W	S	L	C	V	U	U	M	I	D	F	L	U	U
I	H	L	C	F	E	D	I	F	J	A	R	Y	S
H	Z	E	T	E	S	Z	V	I	Q	I	N	X	C
H	J	A	I	L	O	V	E	C	E	T	U	O	K
Y	E	D	I	J	V	Z	D	E	G	H	Q	I	Z
Q	Q	Y	Z	Z	D	F	O	R	G	I	V	E	K
V	A	U	X	J	F	J	A	R	X	K	I	N	D



JESUS



SERVE



FORGIVE



SAVE



LEAD



My Favorite Word

Write your favorite word from the puzzle!

TRACE

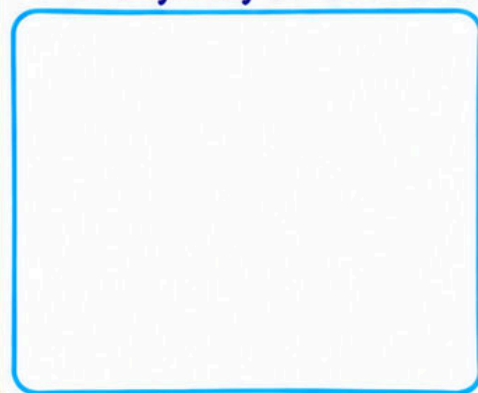
My favorite word is...

WRITE



Draw It!

Draw something that reminds you of your favorite word.



Step
12

My Hero Challenge

My hero showed me how to be more like Jesus!

This week I will...

Circle one way you can be like your hero!



Help
someone



Include
someone



Say something
kind



Do something
brave



My own idea:



Me Doing It!

Draw a picture of yourself doing your Hero Challenge.

Step
13

I Did My Hero Challenge!

I tried to be like my hero. Here's what happened!



My Photo!

Add a picture of yourself doing your Hero Challenge!



What I Learned

Circle one thing you learned.



Helping
others is
important.



Helping
others is
fun.



It's
something
I can do.



It's a way
to follow
Jesus.

I also learned: _____



How I Felt

Circle how you felt when you did
your Hero Challenge.



Happy



Loved



Peaceful



Proud



Helpful



I DID IT!

I can follow my hero's example!



Step
14

My Creative Tribute!



Create something special to help you remember your hero!



My Creative Tribute Idea:

What did you make or do?



My Creative Tribute!

Add pictures of you creating and showing
your Creative Tribute!

A large rectangular area with a blue border and a yellow inner border, intended for drawing pictures related to the creative tribute.

Step
15

My Hero's Words!

Learn and practice the words from your hero!



Look in Your Printables Packet!



Every hero has their own quote page.

Find the Step 15 “My Hero’s Words!” page
for YOUR hero in the My Hero Printables.

FOR PARENTS

- 1 Open the My Hero Printables document and find the Step 15 page for your child's hero.
- 2 Print the page for your hero and add it to your child's My Hero Binder after step 14.
- 3 Help your child trace, write, and practice saying their hero's quote until they know it by heart.

You will recite your hero's quote in your Step 16 presentation!

Step
16

Present My Hero!

Share what you learned!

PRESENTATION TIPS



Practice first.

Review your pages out loud a few times.



Show your notebook.

Point to your favorite pages and pictures.



Speak clearly.

Take your time and use a strong voice.



Answer questions.

Be ready to answer questions from your audience.



Celebrate!

Tell your parents you deserve a prize for doing such a good job!



IDEAS FOR YOUR PRESENTATION



Review each page of your My Hero binder.



Choose the pages you will share that mean the most to you.



Tell your Hero's story.



Share why you love your Hero.



Share how your Hero is like Jesus.



Share your Creative Tribute.



Recite your Hero's quote.



Answer Questions.

WHO DID YOU PRESENT TO?

Check all that apply.



☐ My family



☐ My class



☐ My Primary



☐ My friends



Someone else:

PRESENTATION DETAILS



Date of My Hero Presentation:



What I liked best about my presentation:

MY PRESENTATION

Add a picture of you presenting your My Hero notebook!

