



# JOURNALSIM & FILMMAKING WORKBOOK

## "YOUR MISSION"

WEEK 1  
CHAPTER 1  
GRADE 3-5

**LENGTH: 60-90 MIN.**

### OBJECTIVES

Students will...

- Identify the qualities that make someone a real hero (courage, kindness, fairness, perseverance).
- Compare heroes and celebrities to better understand the purpose of your film.
- Practice recognizing hero traits in everyday people.
- Brainstorm and share potential heroes from your own school or community.
- Choose your hero and explain why they inspire you.

### MATERIALS NEEDED

- MY HERO Journalism & Filmmaking Workbook
- Writing utensils
- Projector for Slide Deck
- **Accompanying Slide Deck**

### ADD'L RESOURCES & LINKS

[Advice from MY HERO IFF Winners](#)

### OVERVIEW

- Opening Discussion
- Watch and Learn
- Activity
- Closing Discussion

### WORDS OF THE DAY

#### Perseverance

*To never give up, even when things are hard*

#### Heroism

*To show acts of bravery, courage, kindness, and perseverance*

### OPENING DISCUSSION

**Workbook pg. 11**

Your film should...

- A. Show your passion for the topic by highlighting a hero or heroic organization who illustrates that passion.
- B. Show evidence of thorough research of the topic and the hero.
- C. Tell a real life story. Most important is what the person did or what their actions illustrate.
- D. Feature original and/or archival footage and interviews, if possible.
- E. Short films made for this project can be a minute to ten minutes long.
- F. Achieve your ultimate goal: to recognize and celebrate the best of humanity.



## ACTIVITY: WATCH AND LEARN

Watch the following [Award-Winning Film](#) from the MY HERO International Film Festival. (

## ACTIVITY: WATCH AND LEARN

Now, complete the following notes on a separate sheet of paper:

01. What is the film about?
02. How does the person show heroism?
03. How did this film make you feel?
04. What did you learn from the film?

## CLOSING DISCUSSION

Invite students to share answers to their questions and who might be their hero.