



JOURNALSIM & FILMMAKING WORKBOOK

CHOOSING A HERO

WEEK 2

CHAPTER 2

GRADE 3-5

LENGTH: 60-90 MIN.

OBJECTIVES

Students will...

- Identify what makes someone a real-life hero (traits like courage, compassion, perseverance).
- Explore examples of everyday heroes.
- Understand the difference between a hero and a celebrity.
- Identifying heroes from within your school

MATERIALS NEEDED

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

ADD'L RESOURCES & LINKS

- [How to Choose Your Hero](#)
- [MY HERO's Multimedia Library](#)

OVERVIEW

- What makes someone a hero
- Examples of everyday heroes
- Hero vs Celebrity
- Activity: Hero or Celebrity
- Activity: Choosing a Hero
- Closing Discussion

OPENING DISCUSSION

What Makes Someone a Hero?

Being a hero isn't about about wearing a cape or having superpowers! It's about the right thing, even when it's hard.

COURAGE: *Heroes face their fear and take action, even when they're scared.*

KINDNESS & COMPASSION: *Heroes care about others and want to help.*

STANDING UP FOR WHAT'S RIGHT:

Heroes believe in fairness and justice and speak up when they see something wrong.

PERSEVERANCE: *Heroes don't give up easily. They keep trying even when things get tough*

EXAMPLES OF EVERYDAY HEROES

A **firefighter** who rushes into a burning building to save people.

A **nurse** who helps sick people even during a pandemic.

A **journalist** that speaks truth to the powerful.

A **teacher** who inspires students to learn and be kind.

A **neighbor** who helps an elderly person carry their groceries

A **parent** who works many jobs to support their family.

A **scientist** who works hard to contribute knowledge to humanity.



HERO VS CELEBRITY

HERO

- *Wants to help others*
- *Does selfless deeds*
- *Makes a positive impact on the world*
- *Doesn't always receive recognition*

CELEBRITY

- *Wants to entertain others*
- *Focuses on showcasing their talents*
- *Doesn't always leave a positive impact*
- *In the spotlight*

ACTIVITY ONE: HERO OR CELEBRITY?

Use slides 8-13 to ask students if the person in the photo is a hero or celebrity. Ask them why or why not?

After the photos, cover the following:

Can celebrities be heroes?

Sometimes a celebrity can also have the qualities of a hero. That's perfectly okay, all that matters is that they're doing good for others. Who is someone you know who is both a hero and celebrity?

ACTIVITY TWO: CHOOSING A HERO

Think - Pair - Share

- 01. Think** of 3 people in your school that you think are heroes
- 02. Pair** up with a buddy to share your heroes and why you chose them
- 03. Share** at least one of your heroes and what makes them a hero

CLOSING DISCUSSION

Ask students if they can identify the difference between a hero and a celebrity.