



WHAT IS A HERO?

Objectives:

- Understand what it means to be a hero.
- Identify the qualities of a hero.
- Recognize heroes in the community.

Activity:

This can be done as individuals or groups. Each group will create a list of words that describe the qualities of a Hero. If exercise is done individually, everyone will share their list with the class. Once these qualities have been identified, have them name HEROES that they think embody these qualities. Clarify the difference between a hero and an idol. Be sure to include not only famous heroes but heroes in their community. In addition to the qualities of a hero, discuss what ACT did they perform that was heroic.

Definitions:

- **Hero:** a person admired for achievements and noble qualities through acts of great sacrifice to one's self without regard to their own safety.
- **Idol:** a false conception: a form or appearance visible but without substance.