

*“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -
~Emily Dickenson*

My Hero for HOPE Story

Introduction: We have had several lessons on hope. This report will give you a chance to think and write about a person that you feel is a hero for hope. Before writing, you may want to answer the following questions.

1. How do you define a hero?
2. What do you think are some of the qualities in a hero?
3. Review your definition of hope.
 - a. How does this person have hope?
 - b. How does this person make you feel hopeful?
 - c. How do you want to be like this person?

In your report, please include the following items.

1. Introduction of your hero.
2. Share why this person is your hero for hope by writing about *three* of the following things:
 - a. What do you like about this person (list qualities that this person has that gives them hope or brings hope to others)? What makes them a hero for hope?
 - b. How does hope bring them success in life?
 - c. What is this person passionate about?
 - d. How did this person face a challenge or overcome an obstacle?
 - e. What steps did your hero take to reach his/her personal goal?
 - f. How does this person help others or help you?

3. Summary: What have you learned from your hero? How do you want to follow in his/her footsteps to have hope in your life?

*Reports should be at least one page in length, but not limited.

Ideas for researching: Search online, interview a family member/friend/teacher, or go to your school or community library.

Note to instructors: Students may share their reports with a partner, the class, or display them at school.

Teacher Resource

Benefits of Creative Writing

1. There are many benefits to children when they write. One benefit we may first think of is an improvement in writing skills. Children are gaining skills in:

- Vocabulary
- Sentence Structure
- Punctuation
- Language
- Improved memory

*All of these will aid in a child's success both during their time as a student and in their future.

2. Additionally, writing can provide many other emotional and social benefits to children:

- It is a safe outlet for expressing ideas and feelings.
- Boosts Creativity.
- Leads to an increased understanding of oneself and others.
- Opportunity to share opinions and learn that their thoughts have value.
- Increased self-esteem and self-worth.
- Increased empathy. Writing about another person or character provides insight into another individual's thoughts, feelings, and actions.
- Improved relationships. Children can take what they have learned and apply it in a positive way.

References: Mindful Parenting. Five Benefits of Creative Writing. <http://www.parents-space.com/5-benefits-of-creative-writing-for-children/>

NeuroNet (2014). Brain Exercises: Creative Writing Benefits the Brain. <http://neuronetlearning.com/blog/creative-writing-benefits-the-brain/>

Teacher Resource

Positive Role Models

Role models can be incredibly influential in the lives of children. Most often role models are individuals who are involved in the child's daily life such as parents, caregivers, teachers, and coaches. At times, they can also be celebrities, athletes, and others in the public eye. "A 2009 study published in the Journal of Youth and Adolescence found that many youth who have access to a positive role model are able to avoid delinquent behaviors like assault, carrying a weapon, selling drugs, or getting into trouble with the police, even when they were exposed to adults who did these things."¹ When discussing role models, here are some suggestions to keep in mind:

- Discuss positive qualities of the individual.
- Give examples of individuals that you have found to be helpful or inspirational.
- Talk about how they influence and/or guide others in a good way.

Positive role models:

- Show respect for others.
- Promote self-esteem.
- Teach healthy habits.
- Show consistency in their actions.
- Share successes and failures. Every person faces challenges and it sets a good example for children to hear how to handle life stressors so they are prepared when they meet their own difficulties.
- Encourage children to participate in activities that reflect shared values.

¹ Davidson, Jeremi (2014). What Are Some Benefits of Being a Positive Role Model? <http://everydaylife.globalpost.com/benefits-being-positive-role-model-19944.html>

Vargas-Benitez, Jaime (2014). Ways to Be a Positive Role Model. <http://everydaylife.globalpost.com/ways-positive-role-model-20841.html>

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