

*Camfel Productions*  
*presents*

# BE A HERO!

**Teacher's Discussion Guide**



## ***Discussion Guide***

### **CAMFEL'S MESSAGE:**

*Empowering individuals to stand on a foundation of character values and encouraging them to act responsibly when faced with tough decisions.*

When studying for a test, the amount and quality of input directly affects output. The same is true with character. What goes into the mind and heart of a student is reflected in their actions and behavior. So, with the absence of good role models and character education, why do we question student behavior when we see what they are putting into their minds? The character values we observe and admire are the foundations of how we think and act.

Here at Camfel Productions our mission is to be a messenger of hope to a generation in desperate need of positive, life-altering influences. We want to help your students realize their worth by building up their character...character that is built on a foundation of integrity and trust.

### **PROGRAM DESCRIPTION:**

Heroes are amazing! They wear cool costumes and fly around being brave and saving people from the villains of the world. Everyone looks up to them! They're...well...they're HEROES!

Camfel's BE A HERO interactive assembly program will motivate your students to be heroes too! Now, that won't mean cool costumes and flight will be options for them, but it will mean that they can behave like a hero by standing up for others and working hard to be their best.

Heroes don't let bullies hold them back from being positive and working hard to achieve their goals. Your students may not be able to leap over tall buildings, or bend steel, but they can be a hero to someone in need of a friend or help someone who is struggling in school.

BE A HERO is an interactive program that will encourage your students to excel in school, to help stop bullying, and to be a positive role-model—a “hero” for others to follow.



## ***Pre-Show Discussion Session***

### ***Preparing for the Assembly***

#### **A message to the instructor:**

In a short time your students will be viewing a tremendous program called BE A HERO. We have provided a few short discussion sessions for you to use before and after the presentation. These sessions will help you increase the effectiveness of this learning experience. Please feel free to use your creativity to enhance this learning experience as you adapt it for your students.

#### **A few pre-assembly discussion ideas:**

Soon we will be seeing a program called BE A HERO but before we go into the assembly, let's have some fun talking about our favorite heroes.

Have the students talk about heroes they've seen in movies or on television.

Consider:

- How do heroes dress?
- Do they have special powers? What powers?
- Talk about the secret identities that some heroes maintain. Why?
- What problems do these heroes overcome?
- Why do heroes do what they do?

#### **Cool Thought::**

Difficult problems don't create heroes. Heroes have always been there, waiting inside each and every one of us, and it is during the hard times that the hero is revealed.

#### **Concluding comments:**

Superhero characters are loved by just about everyone everywhere. They give us an ideal to strive towards. They give us hope for a better tomorrow. Now, none of us will ever leap a tall building in a single bound, change the course of a mighty river or bend steel with our bare hands. It's not likely that we will save the world or alter the destiny of humanity. But we can always tell the truth, stand for what's right, do unto others as we want them to do to us, be respectful and help others along the way. You see, honesty, integrity, respect, and kindness are super powers which can change a person's day, their life and perhaps the world around them.



## **Discussion Session #1**

### ***Summary of the Program***

#### **Sections of the Program to Discuss:**

1. **Montana Wiscovitch:** Montana started shooting archery when she was in elementary school. It began as an opportunity to spend more time with her dad but has become a sport she desires to master. She talks about the importance of practicing to improve her skills.
2. **Nora Logsdon:** Nora is a forth grader who is learning how to be a gymnast. She started out with very little skill and has now developed into quite an athlete. She puts that same effort into doing well in school and has learned the need to focus and persevere on the challenges she faces.
3. **Ray Lopez:** Ray has dwarfism. He talks about the criticism he received in second grade concerning his appearance. He recalls one student asking “what is wrong with you?” That comment hurt at first but then he realized that it was his choice to accept or reject the comments of others. Like a superhero with a shield, he has chosen to let those negative comments bounce off him. He is working hard to develop the skills he possesses.
4. **Students talk about bullying:** Jacob states, “those guys just want to be mean but that’s not what they should do. Payton says, “They’re show-offs and they want to be cool for their friends.” Nora comments, “When people are bullying me I try to ignore it.” Others talk about walking away from bullying or seeking help from an adult.
5. **Cougarettes:** Sixth graders are working together to build a robot. Their robot will need to be able to accomplish various task in robotic competitions. The students reflect on what they have learned while building the robot and the need to work together and trust others.
6. **Luke Willet:** When Luke was a seventh grader he felt compelled to do something positive for others less fortunate than he. He started a Teen for Jeans program at his middle school. He motivated students at his school to donate over 500 jeans to teens who couldn’t afford them. He is a true hero!

#### **Concluding comments:**

Heroes are dreamers, those men and women who try to make the world a better place than when they found it. Every one of us can be a hero. Today, we are in the process of becoming the hero we will be tomorrow. Practicing, developing our skills, being honest, standing for what's right, and taking on new challenges will help us become the hero we were created to be. So, what about you? Come on, rise up to the challenge and begin doing something today to make a better tomorrow.



## ***Discussion Session #2***

### ***Superheroes***

#### **Activity:**

Materials Needed: Copy next page for students or give them a blank page to create their own shield

Have them:

1. Create a superhero name for themselves.
2. Identify their strengths.
3. Identify their weaknesses
4. List how they can use their superpower to change in the world.

#### **Communicate the following:**

**"One smile has the power to..."**

Calm fears. Soften stone walls. Warm a cold heart.  
Invite a new friend. Mimic a loving hug. Beautify the bearer.  
Lighten heavy loads. Promote good deeds.  
Brighten a gloomy day. Comfort a grieving spirit. Offer hope to the forlorn.  
Send a message of caring. Lift a downtrodden soul.  
Patch up invisible wounds. Weaken the hold of misery.  
Act as medicine for suffering.  
Attract the companionship of angels. Fulfill the human need for recognition.  
Who knew changing the world would prove so simple?"

Richelle E. Goodrich—Author of *Smile Anyway*



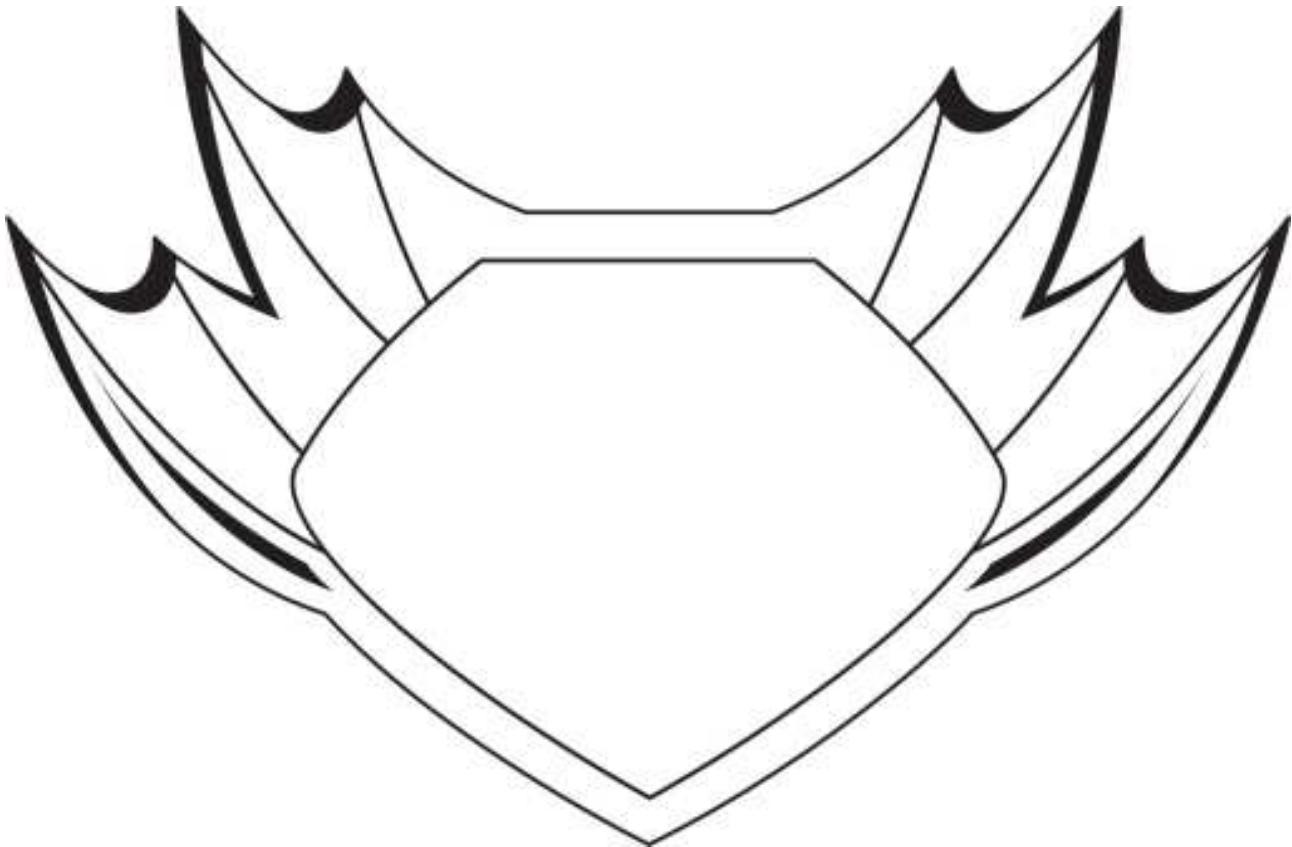
#### **Talk about the following:**

1. Talk about the superpower of a smile. Does anyone remember a time when a smile from another changed your day?
2. Discuss some other simple superhero acts of caring we can do in the classroom, in the lunchroom , or on the playground. How might these acts of kindness change someone's day?

#### **Concluding comments:**

There is a superhero in everyone but too often it doesn't get out. But it doesn't have to be like that. Let's decide today to perform heroic acts of kindness toward those around us to improve our school, our community and the world we live in.

**My Superhero Name:**



**My Super Powers:** (list what you are good at doing)

**My Weaknesses:** (list what you need to improve)

**I am going to change the world!** (list what you would like to change in the world)

# BE A HERO!

## Discussion Session #3

### Heroes Get it Done

#### Activity:

Materials Needed: Ten Sheets of Paper

Ask for two volunteers. Wad up ten sheets of paper into ten balls. Place a garbage bucket a makeable distance from the volunteers. Give the first volunteer 5 seconds to toss as many of the wads of paper into the bucket as possible. Give the second volunteer 45 seconds to toss the wads of paper into the bucket.

How did having more time improve the chance of success?

#### Communicate the following:

Alice's Adventures in Wonderland, famously known as Alice in Wonderland, is an 1865 novel written by English author Charles Dodgson under the pseudonym Lewis Carroll. It is the story of a girl named Alice falling through a rabbit hole into a fantasy world populated by peculiar creatures. The White Rabbit is one of the best known characters from the story. He appears at the very beginning of the book wearing a waistcoat and muttering one of the most famous lines from the book.

*I'm late! I'm late! For a very important date! No time to say "Hello", goodbye!  
I'm late! I'm late! I'm late! I'm late! And, when I wave I lose the time I save  
My fuzzy ears and whiskers took me too much time to shave  
I run and then I hop hop hop. I wish that I could fly  
There's danger if I dare to stop and here's the reason why  
You see I'm overdue. I'm in a rabbit stew. Can't even say "Good-bye", hello.  
I'm late, I'm late, I'm late. No, no, no, no, no, no, no!  
I'm overdue! I'm really in a stew! No time to say "Goodbye", hello!  
I'm late, I'm late, I'm late!*



#### Questions to Ponder:

1. The rabbit is stressed out about being late. Talk about a time when you have felt that way. What caused you to be late? How did it make you feel? What could you have done to avoid being late?
2. Heroes in the movies get things done on time. How might getting things done on time reduce stress, pressure, or make you feel more relaxed?

#### Concluding comments:

The rabbit was running late and was quite worried. Getting things done in a timely manner makes life a bit more fun. Let's learn from the rabbit's mistakes and be determined to get things done on time.



## ***Discussion Session #4***

### ***Heroes Look for Solutions***

#### **Activity:**

Talk about the following riddles:

- A. I'm tall when I'm young and I'm short when I'm old. What am I?
- B. Mary's father has five daughters—Nana, Nene, Nini, Nono. What is the fifth daughter's name?
- C. How can a pants pocket be empty and still have something in it?
- D. What goes up but never comes down?
- E. We see it once in a year, twice in a week, and never in a day. What is it?

Answers: A. Candle, B. Mary, C. A Hole, D. Your Age, E. The Letter "E"

Solutions to problems can elude us from time to time. However, given enough time and the right attitude we can eventually discover the right answers. Often, like these riddles, the answer really is quite simple.



#### **Communicate the following:**

Heroes look for solutions to the problems they encounter. Those solutions are often quite simple. For example, the solution to being bullied isn't that complicated. First, avoid the bully. Second, ignore the bullies comments. Third, tell someone about it. Wow, that's as simple as counting to three.

Hey, heroes recognize that what the bully is doing is wrong. Then, they look for solutions to putting an end to it. It doesn't have to be too complicated. All it takes is a desire to do something.

#### **Concluding comments:**

Heroes are optimistic about their ability to find a way to solve the problems they encounter. They are driven to excel and help others succeed as well.

# BE A HERO!

## Discussion Session #5

### Heroes Take Action

#### Activity:

Materials Needed: 4 Candy Bars

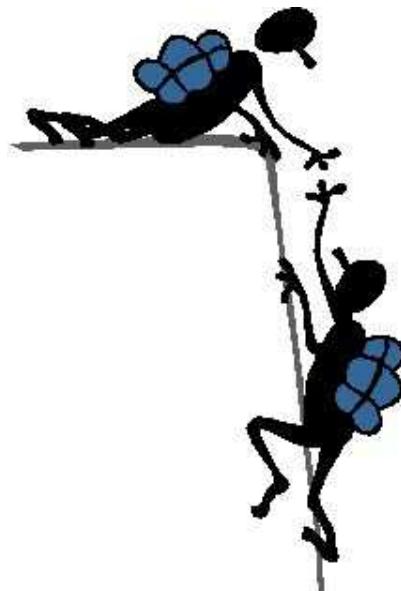
Ask for four volunteers to do something in front of the class. Give each of the volunteers a candy bar as they come up to you. Then ask them to return to their seats.

Opportunity comes to those who seek it. Life is not a spectator sport. To achieve your dreams or to become a hero, you'll need to get out there and do something.

Additional Idea: Heroes look for opportunities to brighten another person's day. Ask the four volunteers, who received the candy, to make someone's day by giving the candy bar to them.

#### Communicate the following:

Heroes don't wait to get involved in helping others. Heroes take action. Nothing will ever change if we sit back and do nothing. Let's be heroic. You can do that by helping improve someone's day. And that can be done by a simple smile and a warm hello. So come on, let's be determined to be the one who smiles, writes a caring note, says a kind word, or makes another feel accepted.



#### Writing Exercise:

Have the students write about the following:

- ▶ What can I do today to help out my parents at home?
- ▶ What can I do today to be a better friend to those around me?
- ▶ What can I do today to help someone who is being picked on or bullied at school?

#### Closing comments:

Heroes see a better tomorrow and are determined to help make that tomorrow a reality. We can act like a hero when we take steps to help others feel loved and accepted at school. Let's look at tomorrow the way a hero does. They see a future that is so bright, they've gotta wear their shades.



## ***Discussion Session #6***

### ***Heroes Follow the Golden Rule***

#### **Activity:**

Materials Needed: None

Have the students talk about the heroes portrayed in movies they have seen. Discuss what these characters have done to be considered a hero.

Next, discuss the various behaviors of the villains portrayed in the movies they have seen. Talk about what these characters have done to be considered a villain.

How is the hero following the Golden Rule? How is the villain not following the Golden Rule? Which character do we respect and admire? How is the villain similar to a bully?

#### **Communicate the following:**

We respect those who stand up to bullies. We respect those who help those who are being bullied. We call them heroes. We admire them for their courage and their willingness to help. If you see someone else being bullied, you should always try to stop it by telling an adult. If you do nothing, you're saying that bullying is okay with you. It is always best to treat others the way you would like to be treated.

#### **Writing Exercise:**

Have the students create their own Hollywood film:

1. Create a villain for their story. What does the villain want from others?
2. How are people being bullied by the villain? Why are they finding it difficult to get help?
3. Describe your hero. Does your hero have special powers?
4. How will your hero save the people from your villain and how do they respond to their hero?



#### **Closing comments:**

Remember, the Golden Rule is treating others the way you wish to be treated. With that in mind, what would you like others to do if they witnessed you being bullied? You bet. You'd want them to tell an adult. You should show the bully that you think what they're doing is hurtful and mean. Be a hero. Help the person being bullied by getting them some help.