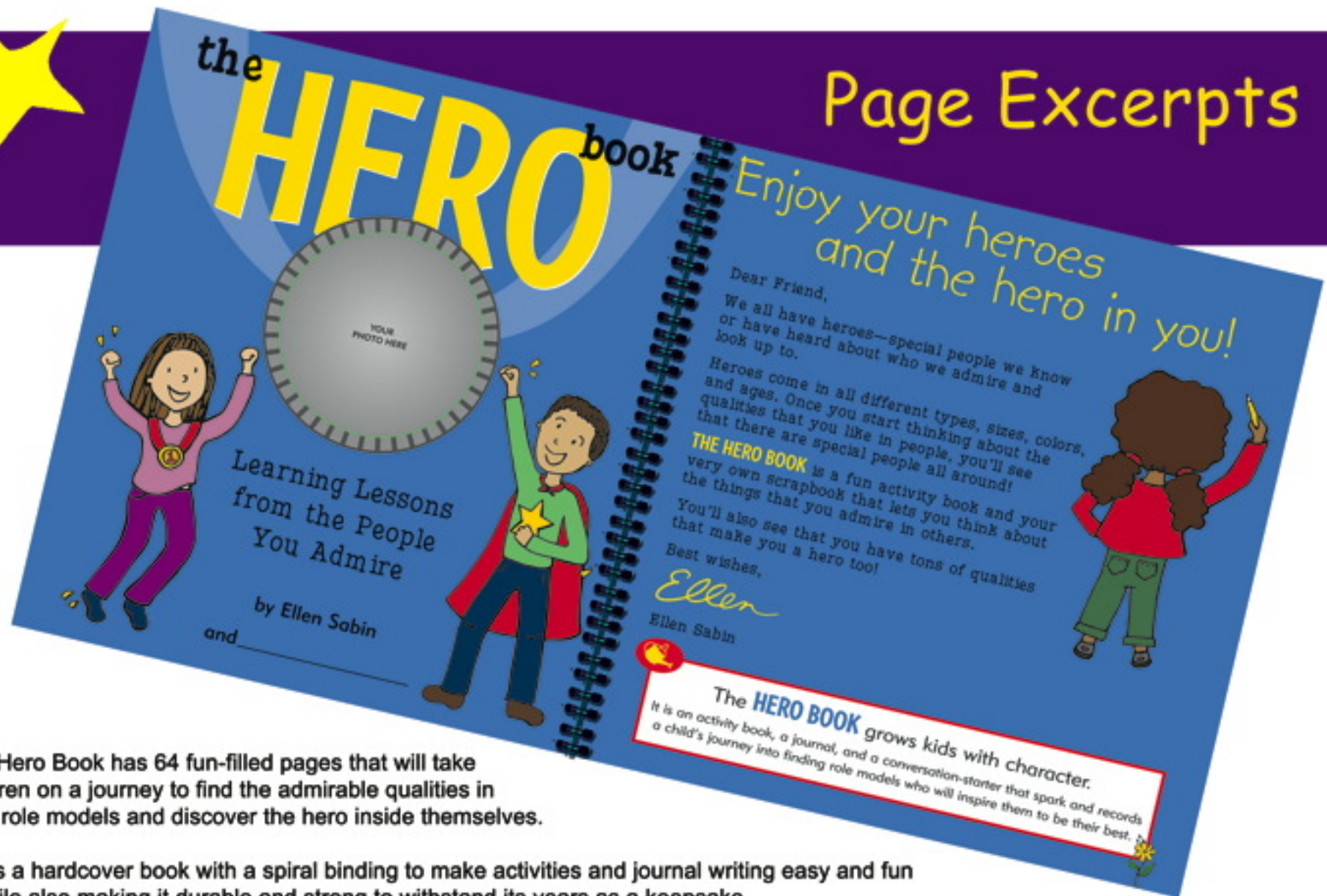


Page Excerpts



The Hero Book has 64 fun-filled pages that will take children on a journey to find the admirable qualities in their role models and discover the hero inside themselves.

- ★ It is a hardcover book with a spiral binding to make activities and journal writing easy and fun while also making it durable and strong to withstand its years as a keepsake.
- ★ It is oversized at 9"x10" to allow space for writing, scribbling and journaling all the many thoughts and ideas children have about their heroes and the qualities they admire in others.
- ★ It has full-color illustrations and the book's design allows each child to put his/her photo on the cover and truly make themselves the author and main character of their book about heroes.

For more information, to order books or to contact the publisher, please visit www.wateringcanpress.com.

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Welcome to Your HERO BOOK!

A **HERO** is someone you admire.

Think about what makes your heroes so special to you.

- Maybe you like how they act or things that they do or say.
- Maybe you like them because they are smart, talented, or caring toward others.

The things you admire are called **QUALITIES**.

In this book, you get to think about why you admire people and how you can learn from them.

Sometimes, heroes can become your role models. That's when you want to be more like them and have some of their qualities.

This book will help you do just that!

So what are you waiting for?

Turn the page and get started! →



WHAT IS A HERO?

Well-Known Heroes

Sometimes a hero is someone you know.

Heroes can also be people who you have never met.



HEROES can be well-known people from history who you learn about in school or from reading books. Maybe they did things a long time ago that you think are great!

HEROES can be people you see on television or hear about who are doing things nearby or far away.

Can you think of some well-known people who you admire or look up to?

Write about them on the next page . . . ➔

YOUR Well-Known Heroes



Person:

What do you admire about this person?



Person:

What do you admire about this person?



Person:

What do you admire about this person?



Person:

What do you admire about this person?



WHAT ARE THE QUALITIES OF YOUR HEROES?

Maybe you admire people who
WORK HARD and **FOCUS** to
become excellent at their skills.

Think about what makes people good at their skills or talents.

Whether they are terrific at basketball, ballet, piano, or chess—whether they are famous on TV or the best in your house—people admired for their talents all share things in common!

Fill in the blanks below and see what all these heroes do:



They s__udy
hard.



They __ractice
a lot!



They try and
try and t__
some more!

Heroes for Their **HARD WORK** and **FOCUS**

This man is one of the best runners ever. He practices every day so that he can be faster and faster. He concentrates, learns everything he can about his sport, and has a lot of discipline.



Can you think of someone who is very talented and skilled? What do you admire about this person?

.....

.....

.....

.....

.....

.....

.....

Who Are **YOUR** Heroes?



Your Heroes

Now that you've thought about the qualities that you admire, it's time to think about even more heroes who have those qualities!

You've already written about some of your heroes, but can you think of other people you look up to and admire?

Think about the different qualities we have discussed:



courage



charity



fairness



creativity



honesty



confidence




caring



talent

Think about the other qualities you came up with on your own.

Now, turn the page and write about
some of **YOUR** heroes 

YOU Are A Hero!



Hey! Don't forget!
YOU are a hero, too!

You've spent a lot of time thinking about what you admire in other people and choosing your heroes.

There are also **MANY** great things about you, too!

You have some of the same qualities that you admire in your heroes.

Maybe there are even ways that you can make yourself and your life even better by learning lessons from your heroes.





YOU ARE A HERO!

HERO Poem

Your heroes might show courage
And be very strong and brave,
Like soldiers and firemen
For all the lives they save.

Your heroes might like to be fair
And believe things should be right,
Like politicians who make laws,
Or teachers who say "don't fight."

Your heroes might be talented
At music, sports, or art,
Like famous people on TV,
Or a classmate who is smart.

Your heroes might help people
And show love to those they meet,
Like doctors who make people better,
Or friends who are so sweet.

Your heroes can be anyone
If you admire what they do.
And always remember this one thing—
YOU can be a HERO, too!



Your Hero Qualities

You probably have some of the same qualities as your heroes!
Think about ways you are like your heroes and list them in the boxes below.

I am:

smart

kind

[Empty yellow boxes for writing qualities]