



## PURPOSE

To commit to a daily practice of excellence.

## LEARNING OBJECTIVES

By the end of the lesson students will complete their hero-to-be certificate.

## MATERIALS & RESOURCES

- project materials (watercolors and water or crayons, string/yarn)
- **Hero-To-Be** certificate (see Materials)
- **Hero-To-Be** nametags (see Materials)

## VOCABULARY

No new vocabulary.

## PROCEDURE

### **Advance Preparation:**

- **Step 2** of this lesson plan requires some advance preparation. Teacher should fill in individual students' names on their certificates with marker or sharpie.

**Step 1:** Explain the purpose of the last class: We have spent a number of weeks learning about the human person: about who we are, what we can do, and who we can become. With our special powers to think and choose, we can work daily to grow in excellence and become heroes.

Today we are going to take the time to put all of the pieces together, and make a commitment to live in an excellent way.

Then review the previous lessons. Repeat with students the **Dignity Song**, again focusing on each student. If time permits, have students call out the names of other people in their lives who possess this same dignity.

**Step 2:** Commit to the heroic path. Have students stand and repeat the *Hero's Statement* together.

*On this day,  
I, (name – everyone says their name),  
solemnly swear to:  
show respect for my human dignity  
and the dignity of others,  
to try to be excellent in all my choices,  
to try again when I fall,  
and to work towards becoming a hero.*

Explain: Congratulations! You made a commitment to practice in excellence and you are on your way to be a hero.

Hand each student a copy of a *Hero-To-Be* certificate. Students should color in their certificates with watercolors or crayons, as a final representation of the work that they have done in the class.

Once they've completed the certificate, students should work to color in—with watercolors, or crayons, markers, etc.—a *Hero-To-Be* nametag, which they can wear for the remainder of the school day and bring home as a personal keepsake.

**Step 3:** Conclude the course: Each of us is a human person, with human dignity—our value which no one can give us or take away from us, a value we always have because we are human! It is a value that can be expressed by the use of our two special powers: our power to think and our power to choose. The way to use these powers is to always choose the excellent thing; to always show respect.

If we make these excellent choices every day, by practicing effort and patience, kindness and generosity, and by never giving up, we will grow up to be heroes who can change the world. Some heroes are known, others are hidden heroes. Regardless of the path that we will take, every day, every choice is practice for us so that we may be ready for the challenges ahead.

## FOLLOW-UP & HOMEWORK

Ask students to share their *Hero-To-Be* certificate with their parents/guardians.

## SUPPLEMENTS

None.

---

**IS A HERO-TO-BE!**



