



PURPOSE

To commit to a daily practice of excellence.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Promise to practice daily respect and excellent traits.
2. Imagine stages of excellence toward which they'll aspire.

MATERIALS & RESOURCES

- *Me Yesterday, Today, & Tomorrow* worksheet (see Materials)
- *The Hero's Charter* worksheet (see Materials)

VOCABULARY

No new vocabulary.

PROCEDURE

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.

Step 2: Teach students the *Dignity Statement*:

"I have human dignity. [Point to self with one finger.]

"Human dignity is my unique value. [Tap chest with both hands.]

"I always have dignity, just because I'm human. ["Hold" dignity in palms of hands.]

"Having human dignity means that I'm always worthy of love and respect. [Hug self.]

"All people in the world always have this dignity, too, just like me." [Open arms to the world.]

Explain: We want to spend every day of our lives showing respect for this dignity, in ourselves and in other people, as well as making the whole range of healthy decisions about our bodies, our whole selves, and in our friendships and our encounters with other people.

Then ask students to complete the *Me Yesterday, Today, & Tomorrow* worksheet, drawing the person they were before they started the HDC, the person they see themselves as today, and the hero they want to become.

Step 3: Hand each student a copy of *The Hero's Charter* worksheet. Students should copy the charter statement from the board onto their worksheet, filling in the blanks with the correct information:

On this day, the [date] of [month], I, [name], promise 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 toward becoming a hero.

Upon copying, students should sign the charter, as a commitment to their practice for excellence.

Step 4: 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 charter with their parents/guardians.

SUPPLEMENTS

None.

ME YESTERDAY, TODAY, & TOMORROW

Name: _____

Directions: Fill in how you saw yourself before HDC, how you see yourself today, and who you want to become.

Yesterday	Today	Tomorrow: A Hero

THE HERO'S CHARTER

Signature

Date

