



## 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

- *The Hero's Charter* worksheet (see Materials)
- *The Hero's Map* 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 an extended *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.

**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. I promise to do this by: [fill in with personal goals, especially those articulated in materials and homework from HDC lessons].

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

**Step 4:** Hand each student a copy of *The Hero's Map* worksheet. Students should fill in examples of places and goals toward which they are aspiring.

If time permits, gather in a circle and ask students to share their favorite part of the curriculum as well as excellent things toward which they aspire.

**Step 5:** 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 and map with their parents/guardians.

## SUPPLEMENTS

None.

# THE HERO'S CHARTER

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Signature

\_\_\_\_\_  
Date



## THE HERO'S MAP

Name: \_\_\_\_\_

**Directions:** Fill in the dreams for your life in the boxes below.

<b>What job do you want to have when you grow up?</b>	<b>What's one new thing you want to learn how to do?</b>	<b>Who is one person you would want to meet?</b>

<b>What is one trait about yourself you want to make perfect?</b>	<b>What is one way you can give of yourself to another person?</b>	<b>If you could do anything, how would you change the world?</b>