

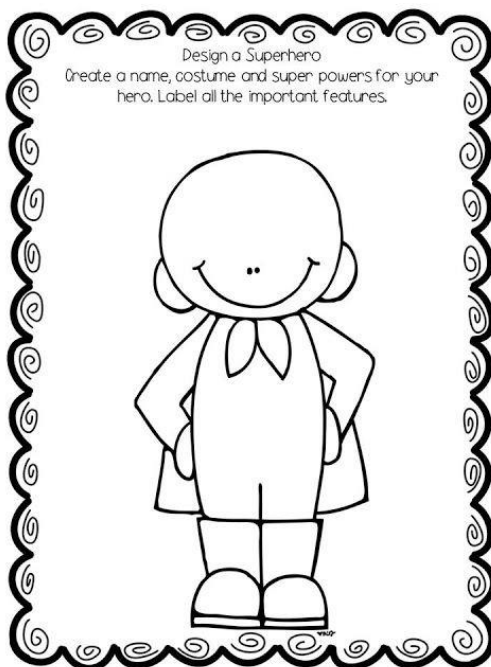
Wellness Lesson 7

Corresponding video: Every day Hero's- Kid President

<https://www.youtube.com/watch?v=tgF1Enrgo2g>

Activities:

- Share who your “Hero” is....discuss why you consider this person a Hero? What characteristics do Heros have?
- Encourage ALL family members to participate and think about someone who may be a hero to them.
- Talk about some of the community helpers that are Heros during this challenging time.
- Be creative, use this worksheet to give your superhero a superhero name and costume.
- Or Make a card, or a poster thanking our heros and letting those special people know what you think of them. A simple “thank you” can really go a long way. ☺



Challenges for parents:

- Make a point to have a family discussion about what things each member has done during this pandemic that have gone above and beyond.
- What “heroic” things have you noticed around your house or with your family members, neighbors or friends?
- Keep up the great work everyone!!! & Remember make today AWESOME!!!!